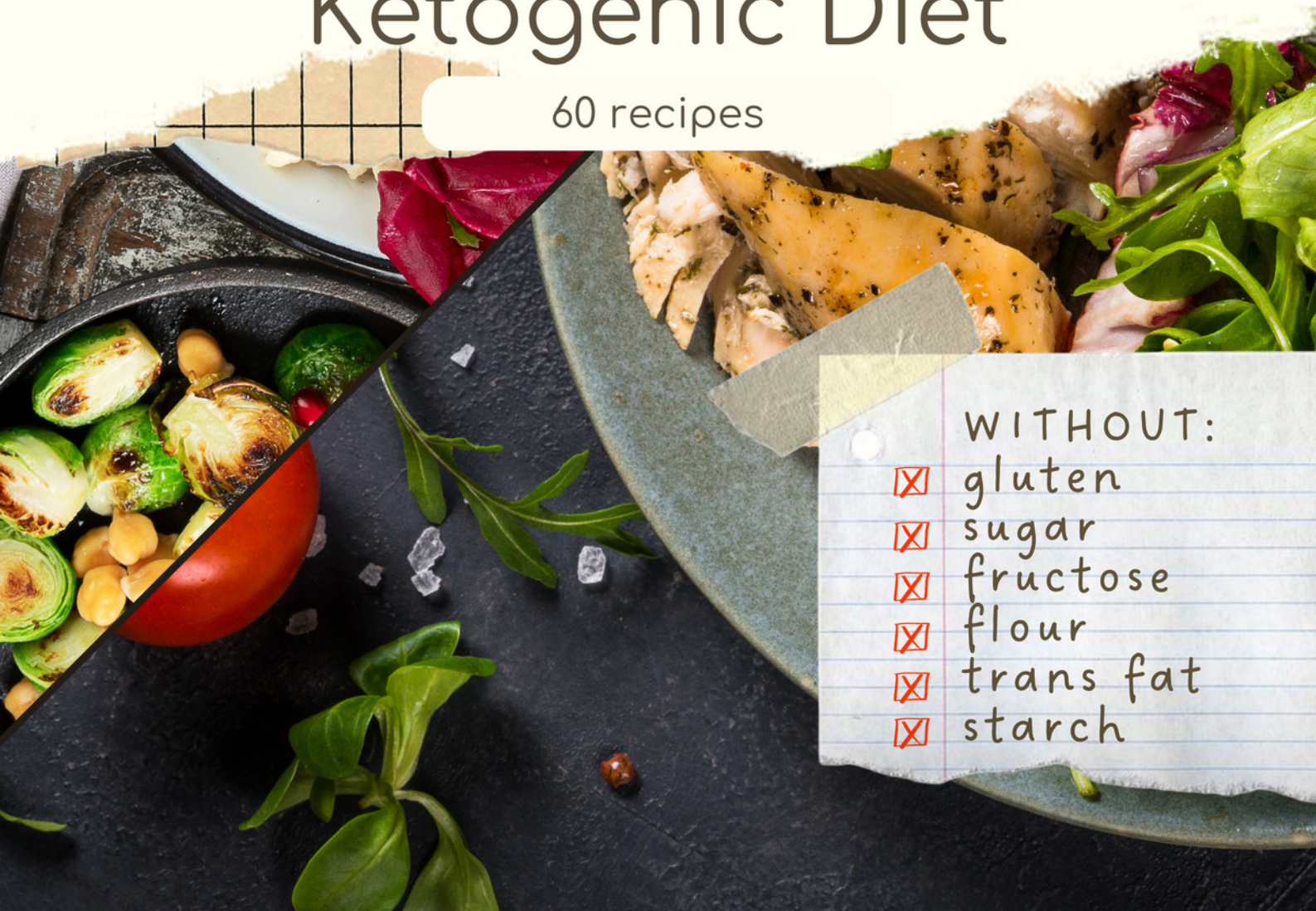
KLYMENKO ROMAN

# Recipe Collection for the Therapeutic Ketogenic Diet

60 recipes



WITHOUT:

- ☒ gluten
- ☒ sugar
- ☒ fructose
- ☒ flour
- ☒ trans fat
- ☒ starch

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# Introduction to the Therapeutic Ketogenic Diet

Therapeutic Ketogenic Diet is useful only when it is translated from a label into everyday choices: which foods form the base, which foods are temporary tools, which reactions should be monitored, and how recipes can be used without losing the diet’s logic.

### Key points

- ✓ define the goal before choosing strictness;
- ✓ build meals around satiety, protein, micronutrients and tolerance;
- ✓ use restrictions only when you understand what they should improve;
- ✓ evaluate progress by symptoms, diary notes, labs and sustainability.

## Principles of the diet

This section explains the practical logic of Therapeutic Ketogenic Diet before the recipes begin. A diet is easier to follow when the reader understands the reason behind each restriction.

### Main goal

The main goal is to create a predictable food environment: fewer trigger foods, clearer portions and meals that are easier to repeat. This does not mean eating monotonously; it means reducing nutritional noise so the body’s response becomes easier to read.

### Food quality

Use simple foods first: meat, fish, eggs where appropriate, vegetables, permitted fruits or starches, nuts, seeds, fermented foods or broths when they fit the protocol. Highly processed substitutes should remain secondary.

### Macro landmarks

A practical starting landmark for Therapeutic Ketogenic Diet is: **about 5% carbohydrates / 15% protein / 80% fat, adjusted by protocol**. These percentages are not a prescription for every person; they are a map for planning meals and checking whether the plate still belongs to the diet.

For low-carbohydrate versions, dietary carbohydrate is not required as external glucose for normal function: the body can synthesize needed glucose through gluconeogenesis from amino acids, glycerol and other

substrates. This is why protein, minerals and total food quality matter more than simply removing bread or sweets.

## How to enter the diet

Changing the diet works better as a structured transition than as a random ban list. The first weeks should make meals simpler, not chaotic.

### First week

Remove the most obvious conflicts with the protocol, prepare two or three repeatable breakfasts or lunches, and keep portions stable enough to compare reactions. Do not test many new foods at once.

### Second and third week

Build a basic shopping list, add recipes gradually and observe digestion, appetite, sleep, skin, energy and mood. If symptoms worsen, separate adaptation from an actual intolerance or excessive restriction.

### Electrolytes and hydration

Salt, potassium, magnesium and fluid intake influence energy, heart rhythm, constipation, headaches and exercise tolerance. The stricter the carbohydrate restriction, the more carefully electrolytes should be handled.

## Benefits, limits and monitoring

Evidence for diets is rarely one-size-fits-all. The same protocol can help one person because it removes triggers and fail another because it is too narrow, too stressful or poorly planned.

### Possible benefits

Depending on the diet, benefits may include better appetite control, calmer digestion, clearer trigger detection, steadier glucose, improved body composition, lower inflammatory load or better meal consistency.

### Limits

A diet is not a substitute for diagnosis, urgent care or prescribed treatment. It is a nutritional tool, and its effect depends on the baseline condition, medications, stress, sleep, deficiencies and adherence.

### What to monitor

Track symptoms, stool, energy, hunger, sleep, cycle changes where relevant, training recovery and laboratory markers recommended by a clinician. A short diary is often more useful than memory.

## Using the recipes

The recipes in this book are selected to fit the diet status used on O-Keto. Start with the simplest meals, repeat what works, and then expand the menu.

### Meal structure

Each meal should answer three questions: where is the protein, where are the supportive vegetables or permitted carbohydrates, and which fat source makes the meal satisfying without forcing overeating?

### Portions

Portions are adjusted by hunger, goal, activity and tolerance. For therapeutic or medically supervised protocols, use the clinician’s numbers first.

### Products section

The free version includes only part of the product section. The paid full version contains a wider product section together with more recipes, so it is easier to plan shopping and substitutions.

## About the author and O-Keto

Roman Klimenko’s experience with low-carbohydrate nutrition began 15 years ago, long before keto became widely known in his country. He was an overweight child, and by the age of 23 he weighed more than 90 kg and now recognizes signs of insulin resistance from that period.

His first attempt was not ideal: he removed both carbohydrates and fats and tried to live mostly on protein foods such as cottage cheese, chicken breast and canned fish. Only later, after hearing about low-carbohydrate diets, he discovered that fats could be part of this way of eating. His weight continued to decrease, eventually reaching about 70 kg.

The path was not linear. There were years of dirty keto with sausages, processed meats, cheat meals and too little vegetables, berries and greens. There was also a low-fat period that ended with weight regain to 95 kg and the loss of two teeth. After that he returned to low-carb eating, first imperfectly, then more cleanly: fewer processed products, more vegetables and greens, intermittent fasting and later OMAD. The full version of this book is presented as a concentrated practical result of 15 years of low-carbohydrate experience.

# Detailed practical guide

The next part turns Therapeutic Ketogenic Diet into a working system. It is intentionally detailed: the goal is not to memorize rules, but to understand what to adjust when real life, appetite, digestion or shopping choices become messy.

## Food list and the reason behind it

In Therapeutic Ketogenic Diet, this topic matters because the diet is not only a list of foods. It changes the default meal structure, the way portions are judged and the way the body gives feedback after eating. A useful plan starts with ordinary meals that can be repeated, then adds variety only after the basic response is clear.

For daily practice, choose the simplest reliable option first. Keep protein visible on the plate, add the foods that fit the protocol, and avoid turning every meal into an experiment. If a reaction appears, compare it with the previous day, the portion, the cooking method, sleep, stress and physical activity before blaming one ingredient.

The practical sign that this area is working is not perfection. It is steadier hunger, easier planning, fewer impulsive replacements and a menu that can survive work, family, travel and fatigue. When the plan becomes too complicated, reduce the number of moving parts and return to meals that are easy to cook and easy to evaluate.

## Meal rhythm and hunger

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## Protein planning

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## Fat sources and satiety

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## Carbohydrate sources and tolerance

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### Practical checkpoint

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## Fiber and digestion

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## Electrolytes and water

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## Breakfast strategies

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## Lunch strategies

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## Dinner strategies

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## Snacks and appetite

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## Eating outside the home

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## Batch cooking

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## Shopping list design

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## Reading labels

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## Hidden sugars and additives

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## Digestive reactions

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## Skin, sleep and mood

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## Training and recovery

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## Weight change and plateaus

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## Glucose and insulin context

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## Cholesterol and lipid context

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## Inflammation markers

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## Medication and clinician supervision

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## Reintroduction strategy

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## Family meals

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For daily practice, choose the simplest reliable option first. Keep protein visible on the plate, add the foods that fit the protocol, and avoid turning every meal into an experiment. If a reaction appears, compare it with the previous day, the portion, the cooking method, sleep, stress and physical activity before blaming one ingredient.

The practical sign that this area is working is not perfection. It is steadier hunger, easier planning, fewer impulsive replacements and a menu that can survive work, family, travel and fatigue. When the plan becomes too complicated, reduce the number of moving parts and return to meals that are easy to cook and easy to evaluate.

### Practical checkpoint

- ✓ one change at a time makes reactions easier to read;
- ✓ a repeatable menu is more useful than a perfect plan for two days;
- ✓ symptoms, sleep, digestion and hunger should be written down, not guessed;
- ✓ food quality and portions matter as much as the allowed/forbidden label.

## Travel days

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## Budget planning

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## Common mistakes

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## When to simplify

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## When to stop and reassess

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## How to use the product section

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## How to use recipe notes

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- ✓ food quality and portions matter as much as the allowed/forbidden label.

## Long-term sustainability

In Therapeutic Ketogenic Diet, this topic matters because the diet is not only a list of foods. It changes the default meal structure, the way portions are judged and the way the body gives feedback after eating. A useful plan starts with ordinary meals that can be repeated, then adds variety only after the basic response is clear.

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## Personalization

In Therapeutic Ketogenic Diet, this topic matters because the diet is not only a list of foods. It changes the default meal structure, the way portions are judged and the way the body gives feedback after eating. A useful plan starts with ordinary meals that can be repeated, then adds variety only after the basic response is clear.

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## Low-carbohydrate physiology

For this diet family, carbohydrate restriction changes water balance, sodium handling and fuel use. The body can synthesize the glucose it needs through gluconeogenesis, so the practical focus is sufficient protein, minerals, whole foods and a fat intake that supports satiety without forcing overeating.

## Protein numbers

A practical minimum is often about 1.2 g/kg body weight. Many people do better near 1.6 g/kg for satiety and muscle maintenance. With regular strength training, active fat loss or high physical load, 2 g/kg or more by target or normal body weight may be appropriate, while kidney disease requires clinician guidance.

# Sauces and dressings

# «Ostrav Russian» sauce for oysters

Sauces and dressings

A source of vitamin C and antioxidants, this sauce improves digestion and supports the immune system. Its bright flavor perfectly complements seafood, making the dish more flavorful.

**Servings: 2** (**1 serving** ≈ 55 grams)
**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| Lemon | 45 | 1/3 pcs |
| Horseradish | 45 | 2.5 tbsp |
| Olive oil | 15 | 1 tbsp |
| Dill | 5 | |
| **Yield:** | **110** g | |

| | 100 g |
|---|---|
| Protein | 2.3 |
| Fats | 13.9 |
| Fiber | 3.4 |
| Net carbs | 8.1 |
| Fructose | 0.4 |
| Calories | 168 kcal |
| **Indexes** | |
| Glycemic index | 15 |
| Glycemic load | 1.8 |
| Insulin index, II | **6.4** |
| Inflammatory index, DII | -0.40 |
| Antioxidant, ORAC | 1 523 |

## Cooking time, min

| | |
|---|---|
| **Slice** | 5 |
| **Mix** | 5 |
| | **10 min** |

Finely chop the dill (a few sprigs).

In a small bowl, combine lemon juice (3 tbsp) and grated horseradish (3 tbsp). Add olive oil (1 tbsp). Mix the sauce until smooth.

Add the finely chopped dill and gently mix.

Add a small amount of sauce to each oyster just before serving.

Pairs with: Seafood

Digestion time: 2 hours

**Allowed on diets**

Keto, Paleo, Mediterranean (In moderate amounts), Anti-Candida (ACP), Gluten-free Casein-free (GFCF), Specific Carbohydrate Diet (SCD) (In the expanded version), Ketogenic Therapeutic, FMD

**Health benefits (8)**

- ✓ **Intimate health (circulation)**: C
- ✓ **Virus protection**: C
- ✓ **Boosting immunity**: C
- ✓ **Photoprotection**: C
- ✓ **Women's health and hormonal balance**: Oleic acid (Omega-9)
- ✓ **Lowering blood sugar**: Oleic acid (Omega-9)
- ✓ **Skin, hair and nails**: C
- ✓ **Skin support**: C

## Nutrients, % of the recommended daily intake

### Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Fructose | | | | | | | | | | | | |
| Vitamin C | 40 | 22 | 48 | 26 | 42 | 23 | **143** | **79** | 7 | 4 | 2 | 1 |
| Vitamin E | 14 | 8 | 14 | 8 | 14 | 8 | 29 | 16 | 2 | 1 | 1 | 1 |
| Manganese | 14 | 8 | 18 | 10 | 16 | 9 | 22 | 12 | 14 | 8 | 7 | 4 |
| Vitamin B6 | 12 | 7 | 12 | 7 | 9 | 5 | 27 | 15 | 5 | 3 | 1 | 1 |
| Iron | 10 | 6 | 4 | 2 | 3 | 2 | 8 | 4 | 5 | 3 | 2 | 1 |
| Vitamin B9 | 9 | 5 | 9 | 5 | 6 | 3 | 17 | 9 | 9 | 5 | 3 | 2 |
| Sodium | 8 | 4 | 8 | 4 | 8 | 4 | 15 | 8 | 7 | 4 | 4 | 2 |
| Potassium | 6 | 3 | 7 | 4 | 7 | 4 | 8 | 4 | 5 | 3 | 4 | 2 |
| Fibers | 6 | 3 | 10 | 6 | 9 | 5 | 10 | 6 | | | 6 | 3 |

### Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Oleic acid (Omega-9) | 33 | 18 | 41 | 23 | 37 | 20 | 59 | 32 | | | 45 | 25 |
| Palmitic acid (Saturated) | 9 | 5 | 9 | 5 | 9 | 5 | 14 | 8 | | | 18 | 10 |

# Alfredo sauce

Sauces and dressings

Source of saturated fats and protein, this sauce helps maintain ketosis and provides a feeling of fullness. Its creamy texture and garlic aroma give the dish a rich flavor, perfectly complementing meat and vegetable side dishes.

**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| Cream | 240 | |
| Cheese | 80 | 5.3 tbsp |
| Butter | 75 | 5 tbsp |
| Garlic | 3 | 1/2 pcs |
| Himalayan salt | 3 | 1/2 tsp |
| Black pepper | 1 | 1/2 tsp |
| **Yield:** | **402** g | |

| | 100 g |
|---|---|
| Protein | 6.9 |
| Digestible protein | 5 |
| Fats | 40 |
| Fiber | 0.2 |
| Net carbs | 2.2 |
| Fructose | 0 |
| Calories | 396 kcal |
| **Indexes** | |
| Glycemic index | 0 |
| Glycemic load | 0 |
| Insulin index, II | **10.8** |
| Inflammatory index, DII | **0.16** |
| Antioxidant, ORAC | 125 |

## Cooking time, min

| | |
|---|---|
| **Slice** | 5 |
| **Boil** | 3 |
| **Mix** | 3 |
| Let stand | 3 |
| | **11 min - 14 min** |

This delicious and hearty sauce is perfect for a keto diet. It pairs well with meat, fish, and vegetables, and is easy to prepare.

## Ingredients

To make the sauce, you will need the following ingredients:

- Butter (75 g)
- Heavy cream (240 ml)
- Garlic powder (0.5 teaspoon)

- Salt (0.5 teaspoon)
- Ground pepper (¼ teaspoon)
- Grated hard cheese (80 g)

## Preparation

First, grate the cheese (80 g) on a fine grater. This will help it melt more quickly in the sauce.

Next, in a large saucepan, add the butter (75 g) and heavy cream (240 ml). Set the saucepan over low heat and cook, stirring, for 3 minutes.

After that, add the garlic powder (0.5 teaspoon), salt (0.5 teaspoon), and ground pepper (¼ teaspoon) to the saucepan. Mix well, then add the grated cheese.

Cook until all the ingredients have melted and the sauce has thickened.

Once the sauce reaches the desired consistency, let it sit on the stove for another 2-3 minutes before serving.

Store in the refrigerator for up to 5 days.

Pairs with: Meat dishes, Fish, Vegetables

Digestion time: 4 hours

Complete protein: ✔

**Allowed on diets**

Keto, Paleo (Allowed on a non-strict version), Anti-Candida (ACP) (In a moderate version), GAPS (In the full version), Specific Carbohydrate Diet (SCD) (In the expanded version), Ketogenic Therapeutic, Low Oxalate Diet (In a moderate version)

**Health benefits (2)**

✓ **Boosting immunity**: A

✓ **Improving metabolism**: Fats

## Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: boiling/stewing.

### Minerals, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Fructose | | | | | | |
| Vitamin A | 50 | 64 | 59 | **113** | 30 | 30 |
| Phosphorus | 20 | 20 | 20 | 29 | 14 | 7 |
| Vitamin D | 20 | 20 | 20 | 20 | 3 | 3 |
| Vitamin B2 | 19 | 22 | 18 | 41 | 8 | 1 |
| Chlorine | 18 | 18 | 18 | 21 | 18 | 5 |
| Calcium | 17 | 17 | 17 | 17 | 17 | 14 |
| Sodium | 16 | 16 | 16 | 32 | 15 | 8 |
| Selenium | 13 | 13 | 12 | 25 | 7 | 2 |
| Fluorine | 12 | 12 | 12 | 48 | | 12 |
| Vitamin K2 | 11 | 15 | 15 | 25 | | 5 |
| Zinc | 6 | 8 | 6 | 12 | 1 | 1 |
| Vitamin B12 | 5 | 5 | 5 | 5 | 4 | 1 |
| Vitamin E | 5 | 5 | 5 | 11 | 1 | 1 |
| Probiotics | 5 | 5 | 5 | 10 | | 1 |

### Lipids, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Cholesterol | **234** | **234** | **234** | **938** | | **469** |
| Palmitic acid (Saturated) | **154** | **154** | **154** | **237** | | **308** |
| Stearic acid (Saturated) | 42 | 53 | 53 | **70** | | **105** |
| Alpha-linolenic acid (Omega-3) | 13 | 19 | 15 | 24 | 11 | 7 |
| Arachidonic acid (AA, Omega-6) | 6 | 19 | 13 | 38 | | 4 |
| Oleic acid (Omega-9) | 5 | 6 | 6 | 9 | | 7 |

# Almond cheese sauce

Sauces and dressings

A source of healthy fats and protein, this sauce is rich in B vitamins and antioxidants thanks to almonds and turmeric. Its rich flavor perfectly complements dishes, giving them a creamy texture.

**Equipment:**

Blender

Vegan dishes

**Servings: 4** (**1 serving** ≈ 30 grams)
**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| Almond | 50 | |
| Nutritional inactive yeast | 30 | 2.9 tbsp |
| Lemon | 30 | 1/4 pcs |
| Garlic powder | 5 | 1.7 tsp |
| Turmeric | 3 | 1.2 tsp |
| Himalayan salt | to taste | |
| Water | to taste | |
| **Yield:** | **118** g | |

| | 100 g |
|---|---|
| Protein | 22.5 |
| Digestible protein | 4.9 |
| Fats | 22.4 |
| Fiber | 13.8 |
| Net carbs | 11.5 |
| Fructose | 0.3 |
| Calories | 357 kcal |
| **Indexes** | |
| Glycemic index | 12.7 |
| Glycemic load | 2.8 |
| Insulin index, II | **9.3** |
| Inflammatory index, DII | -0.35 |
| Antioxidant, ORAC | 7 761 |

## Cooking time, min

| | |
|---|---|
| **Let stand** | 8 h |
| **Blend** | 5 |
| | **8 h 5 min** |

Soak the almonds (50 g) overnight in clean or boiled water. The next day, drain the water and rinse the almonds under running water.

Place the almonds in a blender along with nutritional yeast (2 tbsp), garlic powder (1 tsp), lemon juice (2 tbsp), and turmeric (1/2 tsp).

Blend the mixture on low speed.

Then gradually add water while continuing to blend until you reach the desired sauce consistency. It should be smooth and creamy.

Season with salt to taste.

Pairs with: Meat dishes, Pizza, Chicken wings, Vegetable side dishes, Stewed vegetables

Digestion time: 2 hours

Complete protein: ✔

**Allowed on diets**

Keto, Paleo (Allowed on a non-strict version), Mediterranean (In moderate amounts), DASH (In a light version), Low Lectin Diet (In a moderate version), Gluten-free Casein-free (GFCF), Ketogenic Therapeutic, FMD

**Health benefits (13)**

✓ **Intimate health (circulation)**: E, B3, B6, B9, B12
✓ **Boosting immunity**: Iron, Protein
✓ **Improving metabolism**: Protein
✓ **Improving brain function and memory**: B6, B9, B12
✓ **Photoprotection**: B7, E
✓ **Heart and vascular health**: E
✓ **Nervous system (stress support)**: B1, B2, Tryptophan
✓ **Men’s strength and endurance**: Arginine
✓ **Liver health**: Curcumin
✓ **Skin, hair and nails**: B7, E
✓ **Sleep and relaxation**: Magnesium, Tryptophan
✓ **Detoxification**: Curcumin
✓ **Skin support**: B7, E

# Nutrients, % of the recommended daily intake

## Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Fructose | | | | | | | | | | | | |
| Vitamin B1 | **263** | **79** | **286** | **86** | **225** | 68 | **525** | **158** | **158** | 47 | 2 | 1 |
| Vitamin B7 | **169** | 51 | **169** | 51 | **145** | 44 | **424** | **127** | 20 | 6 | 1 | 0 |
| Vitamin B2 | **134** | 40 | **158** | 47 | **124** | 37 | **290** | **87** | 58 | 17 | 3 | 1 |
| Vitamin B12 | **92** | 28 | **92** | 28 | **85** | 26 | **79** | 24 | **74** | 22 | 1 | 0 |
| Vitamin E | **74** | 22 | **74** | 22 | **74** | 22 | **158** | 47 | 11 | 3 | 4 | 1 |
| Phosphorus | **70** | 21 | **70** | 21 | **70** | 21 | **98** | 29 | 49 | 15 | 24 | 7 |
| Manganese | 68 | 20 | **86** | 26 | **78** | 23 | **104** | 31 | 68 | 20 | 31 | 9 |
| Iron | 58 | 17 | 26 | 8 | 17 | 5 | 46 | 14 | 31 | 9 | 9 | 3 |
| Vitamin B9 | 49 | 15 | 49 | 15 | 33 | 10 | **98** | 29 | 49 | 15 | 20 | 6 |
| Copper | 47 | 14 | 47 | 14 | 42 | 13 | **97** | 29 | 28 | 8 | 14 | 4 |
| Molybdenum | 44 | 13 | 44 | 13 | 40 | 12 | **91** | 27 | | | 4 | 1 |
| Boron | 40 | 12 | 40 | 12 | 40 | 12 | **79** | 24 | | | 12 | 4 |
| Vitamin B3 | 39 | 12 | 44 | 13 | 34 | 10 | **77** | 23 | 31 | 9 | 1 | 0 |
| Fibers | 35 | 11 | 53 | 16 | 47 | 14 | 53 | 16 | | | 33 | 10 |
| Magnesium | 31 | 9 | 41 | 12 | 36 | 11 | **101** | 30 | 22 | 7 | 16 | 5 |
| Vitamin B6 | 27 | 8 | 27 | 8 | 18 | 5 | 58 | 17 | 12 | 4 | 1 | 0 |
| Vitamin B10 | 25 | 8 | 25 | 8 | 13 | 4 | 51 | 15 | | | 1 | 0 |
| Zinc | 19 | 6 | 26 | 8 | 19 | 6 | 42 | 13 | 4 | 1 | 4 | 1 |
| Potassium | 17 | 5 | 23 | 7 | 20 | 6 | 26 | 8 | 15 | 5 | 12 | 4 |
| Vitamin B15 | 17 | 5 | 17 | 5 | 8 | 2 | 34 | 10 | | | 1 | 0 |
| Vitamin C | 15 | 5 | 18 | 5 | 16 | 5 | 54 | 16 | 3 | 1 | 1 | 0 |
| Curcumin | 15 | 5 | 15 | 5 | 15 | 5 | **76** | 23 | 8 | 2 | 4 | 1 |
| Calcium | 14 | 4 | 14 | 4 | 14 | 4 | 14 | 4 | 14 | 4 | 11 | 3 |
| Vitamin B5 | 14 | 4 | 14 | 4 | 12 | 4 | 23 | 7 | 7 | 2 | 1 | 0 |
| Selenium | 13 | 4 | 13 | 4 | 12 | 4 | 24 | 7 | 7 | 2 | 2 | 1 |
| Vitamin B8 (Inositol) | 13 | 4 | 13 | 4 | 13 | 4 | 25 | 8 | 8 | 2 | 3 | 1 |
| Vitamin B4 (Choline) | 9 | 3 | 11 | 3 | 11 | 3 | 19 | 6 | 5 | 2 | 2 | 1 |
| GABA | 8 | 2 | 8 | 2 | 8 | 2 | 38 | 11 | 8 | 2 | 3 | 1 |
| Sulfur | 6 | 2 | 8 | 2 | 8 | 2 | 13 | 4 | | | 2 | 1 |

## Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Linoleic acid (Omega-6) | 30 | 9 | 42 | 13 | 39 | 12 | **73** | 22 | | | **85** | 26 |
| Oleic acid (Omega-9) | 17 | 5 | 22 | 7 | 20 | 6 | 31 | 9 | | | 24 | 7 |

# Aromatic herb blend

Sauces and dressings

A source of antioxidants and anti-inflammatory compounds, this herbal blend improves digestion and supports the immune system. Its rich aroma and flavor add sophistication and depth to dishes. Perfect for a keto diet.

**Servings: 20** (**1 serving** ≈ 2 grams)
**Difficulty:** easy

Vegan dishes

| Ingredient | Amount, g | |
|---|---|---|
| **Dried lavender** | 6 | 3.3 tbsp |
| **Thyme** | 6 | 1.3 tbsp |
| **Rosemary** | 6 | 1.3 tbsp |
| **Oregano** | 6 | 1.3 tbsp |
| **Dried basil** ↺ | 6 | 1 tbsp |
| **Dried marjoram** | 6 | 3.3 tbsp |
| **Fennel seeds** | 6 | 1 tbsp |
| **Yield:** | **42** g | |

| | 100 g |
|---|---|
| Protein | 11.8 |
| Digestible protein | 1.2 |
| Fats | 7.3 |
| Fiber | 33.2 |
| Net carbs | 21.2 |
| Calories | 261 kcal |
| **Indexes** | |
| Glycemic index | 6 |
| Glycemic load | 1.7 |
| Insulin index, II | **10** |
| Inflammatory index, DII | -0.27 |
| Antioxidant, ORAC | 81 800 |

## Cooking time, min

| | |
|---|---|
| **Mix dry ingredients** | 5 |
| | **5 min** |

Mix dried lavender (6 g), thyme (6 g), rosemary (6 g), oregano (6 g), dried basil (6 g), marjoram (6 g), and fennel seeds (6 g) in a dry bowl.

If desired, lightly crush the mixture, but do not turn it into powder. Store in a tightly sealed jar and use for vegetables, meat, poultry, and sauces.

## Substitution options

- **Dried basil:** Oregano - 70% oregano plus 30% mint. Oregano provides herbiness, mint adds a light freshness; perfect for sauces and pizza, but the color is darker.

Digestion time: 2 hours

**Allowed on diets**

Keto, Paleo, Mediterranean, Anti-Candida (ACP), FODMAP, DASH (In a light version), Low Lectin Diet, Gluten-free Casein-free (GFCF), Specific Carbohydrate Diet (SCD) (In the expanded version), Ketogenic Therapeutic, FMD (allowed in a gentle FMD)

# Nutrients, % of the recommended daily intake

## Vitamins, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| K | **94** | 2 | **126** | 3 | **126** | 3 | **206** | 4 | **94** | 2 | 23 | 0 |
| B6 | 13 | 0 | 13 | 0 | 9 | 0 | 28 | 1 | 6 | 0 | 1 | 0 |
| C | 10 | 0 | 12 | 0 | 11 | 0 | 36 | 1 | 2 | 0 | 1 | 0 |
| B9 | 10 | 0 | 10 | 0 | 7 | 0 | 20 | 0 | 10 | 0 | 4 | 0 |
| A | 8 | 0 | 10 | 0 | 9 | 0 | 18 | 0 | 5 | 0 | 5 | 0 |

## Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Vitamin K | **495** | 10 | **660** | 13 | **660** | 13 | **1 081** | 22 | **495** | 10 | **119** | 2 |
| Iron | **356** | 7 | **158** | 3 | **105** | 2 | **284** | 6 | **190** | 4 | 57 | 1 |
| Manganese | **201** | 4 | **256** | 5 | **231** | 5 | **308** | 6 | **201** | 4 | **92** | 2 |
| Iron | **160** | 3 | **71** | 1 | 47 | 1 | **128** | 3 | **85** | 2 | 26 | 1 |
| Calcium | **103** | 2 | **103** | 2 | **103** | 2 | **103** | 2 | **103** | 2 | **86** | 2 |
| Vitamin A | 67 | 1 | **86** | 2 | **78** | 2 | **151** | 3 | 40 | 1 | 40 | 1 |
| Magnesium | 57 | 1 | **75** | 2 | 67 | 1 | **184** | 4 | 40 | 1 | 30 | 1 |
| Vitamin B6 | 57 | 1 | 57 | 1 | 39 | 1 | **122** | 2 | 24 | 0 | 1 | 0 |
| Copper | 50 | 1 | 50 | 1 | 45 | 1 | **103** | 2 | 30 | 1 | 15 | 0 |
| Fibers | 49 | 1 | **75** | 2 | 67 | 1 | **75** | 2 | | | 47 | 1 |
| Vitamin B2 | 47 | 1 | 55 | 1 | 44 | 1 | **102** | 2 | 20 | 0 | 1 | 0 |
| Vitamin B9 | 41 | 1 | 41 | 1 | 28 | 1 | **83** | 2 | 41 | 1 | 17 | 0 |
| Calcium | 40 | 1 | 40 | 1 | 40 | 1 | 40 | 1 | 40 | 1 | 33 | 1 |
| Vitamin E | 38 | 1 | 38 | 1 | 38 | 1 | **81** | 2 | 6 | 0 | 2 | 0 |
| Manganese | 34 | 1 | 43 | 1 | 39 | 1 | 52 | 1 | 34 | 1 | 16 | 0 |
| Zinc | 32 | 1 | 44 | 1 | 32 | 1 | **70** | 1 | 7 | 0 | 7 | 0 |
| Potassium | 31 | 1 | 40 | 1 | 36 | 1 | 46 | 1 | 26 | 1 | 21 | 0 |
| Phosphorus | 24 | 0 | 24 | 0 | 24 | 0 | 34 | 1 | 17 | 0 | 8 | 0 |
| Fiber | 23 | 0 | 34 | 1 | 31 | 1 | 34 | 1 | | | 22 | 0 |
| Vitamin B3 | 21 | 0 | 24 | 0 | 18 | 0 | 41 | 1 | 17 | 0 | 1 | 0 |
| Magnesium | 19 | 0 | 25 | 1 | 22 | 0 | 62 | 1 | 13 | 0 | 10 | 0 |
| Vitamin C | 15 | 0 | 18 | 0 | 16 | 0 | 55 | 1 | 3 | 0 | 1 | 0 |
| Vitamin B1 | 14 | 0 | 16 | 0 | 12 | 0 | 29 | 1 | 9 | 0 | 1 | 0 |
| Vitamin B5 | 12 | 0 | 12 | 0 | 10 | 0 | 21 | 0 | 6 | 0 | 1 | 0 |
| Phosphorus | 10 | 0 | 10 | 0 | 10 | 0 | 14 | 0 | 7 | 0 | 3 | 0 |
| Potassium | 10 | 0 | 13 | 0 | 12 | 0 | 15 | 0 | 9 | 0 | 7 | 0 |
| Zinc | 7 | 0 | 10 | 0 | 7 | 0 | 16 | 0 | 2 | 0 | 2 | 0 |
| Lutein | 5 | 0 | 5 | 0 | 5 | 0 | 9 | 0 | | | 1 | 0 |

## Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Alpha-linolenic acid (Omega-3) | 12 | 0 | 17 | 0 | 13 | 0 | 21 | 0 | 9 | 0 | 6 | 0 |
| Oleic acid (Omega-9) | 5 | 0 | 7 | 0 | 6 | 0 | 10 | 0 | | | 8 | 0 |

# Egg dishes

# «Salad» with bacon and egg

Egg dishes

A source of protein and healthy fats, this salad supports heart health and promotes satiety. The combination of bacon and egg gives the dish a rich flavor, while dill and spices add freshness.

**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| Egg | 100 | 2 pcs |
| Bacon | 60 | |
| Mayonnaise (homemade or sugar-free) | 36 | 2 tbsp |
| Coconut oil | 15 | 1 tbsp |
| Dill | 15 | |
| Paprika | 0.6 | 1/4 tsp |
| Himalayan salt | to taste | |
| Black pepper | to taste | |
| **Optional ingredients:** | | |
| Black pepper | 5 | 2.5 tsp |
| Paprika | 2 | 3/4 tsp |
| **Yield:** | **227** g | |

| | 100 g |
|---|---|
| Protein | 15.8 |
| Digestible protein | 15.4 |
| Fats | 33.9 |
| Fiber | 0.1 |
| Net carbs | 1.2 |
| Fructose | 0 |
| Calories | 374 kcal |
| **Indexes** | |
| Glycemic index | 1 |
| Glycemic load | 0.2 |
| Insulin index, II | **18.6** |
| Inflammatory index, DII | **0.11** |
| Antioxidant, ORAC | 334 |

## Cooking time, min

| | |
|---|---|
| **Boil** | 10 |
| **Slice** | 5 |
| **Mix** | 5 |
| | **20 min** |

First, boil the eggs (2 pcs.) until fully cooked, then mash them with a fork in a bowl.

Fry the bacon (4 strips) in a pan until crispy. Then chop it into small pieces.

In a separate bowl, combine the eggs with mayonnaise (2 tbsp), coconut oil (1 tbsp), paprika (1/4 tsp), salt, and pepper to taste.

Mix all the ingredients well until smooth.

> If desired, you can make fat bombs from the salad. To do this, shape it into balls. In a separate bowl, mix the chopped bacon with finely chopped parsley (3 sprigs), and roll each ball in this mixture.

Digestion time: 4 hours

Complete protein: ✔

**Allowed on diets**

Keto, Paleo (Allowed on a non-strict version), FODMAP, Gluten-free Casein-free (GFCF) (In a moderate version), Specific Carbohydrate Diet (SCD) (In the expanded version), Ketogenic Therapeutic, Low Oxalate Diet (In a moderate version)

**Health benefits (7)**

- ✓ **Improving metabolism**: Fats
- ✓ **Sleep and relaxation**: Tryptophan
- ✓ **Detoxification**: B4 (Choline)
- ✓ **Women's health and hormonal balance**: Oleic acid (Omega-9)
- ✓ **Men's strength and endurance**: Cholesterol
- ✓ **Liver health**: B4 (Choline)
- ✓ **Lowering blood sugar**: Oleic acid (Omega-9)

# Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: boiling/stewing.

## Minerals, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Fructose | | | | | | |
| Selenium | 31 | 31 | 28 | 57 | 17 | 4 |
| Chlorine | 24 | 24 | 24 | 29 | 24 | 6 |
| Vitamin B7 | 21 | 21 | 18 | 51 | 2 | 1 |
| Phosphorus | 18 | 18 | 18 | 25 | 12 | 6 |
| Manganese | 16 | 21 | 19 | 25 | 16 | 8 |
| Iron | 16 | 7 | 5 | 13 | 8 | 3 |
| Sodium | 14 | 14 | 14 | 27 | 13 | 7 |
| Vitamin B4 (Choline) | 13 | 17 | 16 | 29 | 7 | 4 |
| Vitamin B2 | 13 | 15 | 12 | 28 | 6 | 1 |
| Vitamin B12 | 12 | 12 | 11 | 10 | 9 | 1 |
| Vitamin B6 | 10 | 10 | 7 | 22 | 4 | 1 |
| Vitamin B5 | 9 | 9 | 7 | 15 | 4 | 1 |
| Zinc | 8 | 11 | 8 | 17 | 2 | 2 |
| Vitamin E | 7 | 7 | 7 | 14 | 1 | 1 |
| Vitamin A | 7 | 10 | 9 | 17 | 4 | 4 |
| Coenzyme Q10 | 7 | 7 | 7 | 22 | 2 | 1 |
| Iodine | 6 | 6 | 4 | 10 | 4 | 1 |
| Potassium | 5 | 6 | 5 | 7 | 4 | 3 |

## Lipids, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Cholesterol | **144** | **144** | **144** | **577** | | **289** |
| Palmitic acid (Saturated) | **86** | **86** | **86** | **132** | | **171** |
| Linoleic acid (Omega-6) | 57 | **81** | **75** | **139** | | **162** |
| Oleic acid (Omega-9) | 53 | 66 | 60 | **94** | | **73** |
| Arachidonic acid (AA, Omega-6) | 31 | **93** | 62 | **185** | | 19 |
| Stearic acid (Saturated) | 11 | 14 | 14 | 19 | | 28 |
| Alpha-linolenic acid (Omega-3) | 9 | 13 | 10 | 16 | 7 | 5 |

# Boran with eggs and cheese in a frying pan.

Egg dishes

A source of protein and calcium, this dish helps maintain muscle mass and bone health. The delicate taste of mozzarella and eggs combined with creamy butter creates a rich and satisfying experience. Perfect for breakfast or a snack on a keto diet.

**Servings: 2** (**1 serving** ≈ 245 grams)
**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| **Mozzarella** | 250 | |
| **Egg** | 200 | 4 pcs |
| **Butter** | 40 | 2.7 tbsp |
| **Cooking salt** | to taste | |
| **Black pepper** | to taste | |
| **Yield:** | **490** g | |

| | 100 g |
|---|---|
| Protein | 16.4 |
| Digestible protein | 16.4 |
| Fats | 21.7 |
| Fiber | 0 |
| Net carbs | 1.1 |
| Calories | 270 kcal |
| **Indexes** | |
| Glycemic index | 0 |
| Glycemic load | 0 |
| Insulin index, II | **37.5** |
| Inflammatory index, DII | **0.12** |
| Antioxidant, ORAC | 429 |

## Cooking time, min

| | |
|---|---|
| **Slice** | 5 |
| **Fry** | 8 |
| | **13 min** |

Grate the suluguni (250 g) or cut it into thin slices. If the cheese is very salty, rinse it with cold water and dry it.

Melt the butter (40 g) in a pan over low heat. Place the cheese in an even layer and heat for 2-3 minutes until it starts to melt and slightly bubble at the edges.

Crack the eggs (4 pcs) directly onto the cheese. Add salt (to taste) and black pepper (to taste). Cover the pan with a lid and cook for 4-6 minutes until the egg whites are set and the yolk remains soft.

> For firmer yolks, keep the dish covered for another 1-2 minutes. Do not overheat the cheese: it should melt but not become dry.

Serve immediately while the cheese is hot and stretchy.

Digestion time: 3 hours

Complete protein: ✔

**Allowed on diets**

Keto, Paleo (Allowed on a non-strict version), Mediterranean (In moderate amounts), Anti-Candida (ACP) (In a moderate version), FODMAP, GAPS (In the full version), Specific Carbohydrate Diet (SCD) (In the expanded version), Ketogenic Therapeutic, Low Oxalate Diet (In a moderate version)

### Health benefits (8)

- ✓ **Intimate health (circulation)**: B12
- ✓ **Improving brain function and memory**: B12
- ✓ **Women's health and hormonal balance**: Oleic acid (Omega-9)
- ✓ **Men's strength and endurance**: Cholesterol
- ✓ **Liver health**: B4 (Choline)
- ✓ **Lowering blood sugar**: Oleic acid (Omega-9)
- ✓ **Sleep and relaxation**: Tryptophan
- ✓ **Detoxification**: B4 (Choline)

## Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: frying.

### Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Vitamin B12 | 51 | **125** | 51 | **125** | 47 | **115** | 44 | **108** | 41 | **100** | 1 | 2 |
| Phosphorus | 36 | **88** | 36 | **88** | 36 | **88** | 51 | **125** | 25 | 61 | 13 | 32 |
| Selenium | 34 | **83** | 34 | **83** | 31 | **76** | 62 | **152** | 19 | 47 | 5 | 12 |
| Calcium | 28 | 69 | 28 | 69 | 28 | 69 | 28 | 69 | 28 | 69 | 24 | 59 |
| Vitamin B7 | 22 | 54 | 22 | 54 | 19 | 47 | 54 | **132** | 3 | 7 | 1 | 2 |
| Vitamin B2 | 21 | 51 | 24 | 59 | 19 | 47 | 45 | **110** | 9 | 22 | 1 | 2 |
| Zinc | 18 | 44 | 25 | 61 | 18 | 44 | 41 | **100** | 4 | 10 | 4 | 10 |
| Vitamin B4 (Choline) | 15 | 37 | 20 | 49 | 18 | 44 | 33 | **81** | 8 | 20 | 4 | 10 |
| Vitamin A | 15 | 37 | 19 | 47 | 17 | 42 | 33 | **81** | 9 | 22 | 9 | 22 |
| Sodium | 11 | 27 | 11 | 27 | 11 | 27 | 21 | 51 | 10 | 25 | 5 | 12 |
| Iron | 10 | 25 | 4 | 10 | 3 | 7 | 8 | 20 | 5 | 12 | 2 | 5 |
| Vitamin B5 | 10 | 25 | 10 | 25 | 8 | 20 | 16 | 39 | 5 | 12 | 1 | 2 |
| Coenzyme Q10 | 8 | 20 | 8 | 20 | 8 | 20 | 23 | 56 | 2 | 5 | 1 | 2 |
| Iodine | 7 | 17 | 7 | 17 | 5 | 12 | 11 | 27 | 5 | 12 | 1 | 2 |
| Vitamin B6 | 6 | 15 | 6 | 15 | 4 | 10 | 13 | 32 | 3 | 7 | 1 | 2 |

## Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Cholesterol | **182** | **446** | **182** | **446** | **182** | **446** | **727** | **1 781** | | | **363** | **889** |
| Palmitic acid (Saturated) | 66 | **162** | 66 | **162** | 66 | **162** | **101** | **247** | | | **131** | **321** |
| Oleic acid (Omega-9) | 34 | **83** | 43 | **105** | 39 | **96** | 61 | **149** | | | 47 | **115** |
| Stearic acid (Saturated) | 21 | 51 | 26 | 64 | 26 | 64 | 35 | **86** | | | 52 | **127** |
| Arachidonic acid (AA, Omega-6) | 18 | 44 | 53 | **130** | 35 | **86** | **106** | **260** | | | 11 | 27 |

# Caprese Omelette

Egg dishes

A source of protein and healthy fats, this omelet is rich in antioxidants from tomatoes and basil, which helps strengthen the immune system. The delicate flavor with hints of garlic makes it perfect for breakfast.

**Equipment:**

Mixer

Oven

**Servings: 4** (**1 serving** ≈ 211 grams)
**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| **Egg** | 500 | |
| **Cherry tomatoes** | 200 | |
| **Almond milk (unsweetened)** | 110 | 7.3 tbsp |
| **Garlic** | 20 | 4 pcs |
| **Basil** | 10 | |
| **Cooking salt** | 5 | 3/4 tsp |
| **Black pepper** | 0.5 | 1/4 tsp |
| **Yield:** | **846** g | |

| | 100 g |
|---|---|
| Protein | 7.9 |
| Digestible protein | 7.6 |
| Fats | 5.8 |
| Fiber | 0.4 |
| Net carbs | 1.9 |
| Fructose | 0.3 |
| Calories | 94 kcal |
| **Indexes** | |
| Glycemic index | 6.8 |
| Glycemic load | 0.3 |
| Insulin index, II | **30.1** |
| Inflammatory index, DII | -0.18 |
| Antioxidant, ORAC | 1 209 |

## Cooking time, min

| | |
|---|---|
| **Slice** | 5 |
| **Mix** | 5 |
| **Beat with a mixer** | 5 |
| **Bake in the oven** | 40 |
| | **55 min** |

Preheat the oven to 180 °C.

Meanwhile, prepare the ingredients: cut the cherry tomatoes in half (200 g), and finely chop the garlic (4 cloves) and basil (2 sprigs). Mix all of this in one bowl.

After that, transfer the vegetable mixture to the bottom of a baking dish. In a separate bowl, whisk the eggs (10 pcs.), add almond milk (110 g), salt (3/4 tsp), and black pepper (1/4 tsp).

Mix thoroughly to combine all the ingredients.

Pour the egg mixture over the prepared tomatoes and basil in the dish.

Place the dish in the preheated oven and bake for 30-40 minutes, until the omelet is golden and set.

Digestion time: 3 hours

Complete protein: ✔

**Allowed on diets**

Keto, Paleo (Allowed on a non-strict version), Mediterranean (In moderate amounts), Anti-Candida (ACP) (In a moderate version), DASH (In a light version), Gluten-free Casein-free (GFCF), Specific Carbohydrate Diet (SCD) (In the expanded version), Ketogenic Therapeutic, Low Oxalate Diet (In a moderate version), MIND (In the basic version)

**Health benefits (11)**

✓ **Improving brain function and memory**: B4 (Choline)

✓ **Photoprotection**: B7

✓ **Nervous system (stress support)**: Tryptophan

✓ **Women's health and hormonal balance**: Oleic acid (Omega-9)

✓ **Men's strength and endurance**: Cholesterol

✓ **Liver health**: B4 (Choline)

✓ **Lowering blood sugar**: Oleic acid (Omega-9)

✓ **Skin, hair and nails**: B7

✓ **Sleep and relaxation**: Tryptophan

✓ **Detoxification**: B4 (Choline)

✓ **Skin support**: B7

# Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: baking.

## Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Fructose | | | | | | | | | | | | |
| Selenium | 34 | **72** | 34 | **72** | 31 | 65 | 62 | **131** | 18 | 38 | 5 | 11 |
| Vitamin B7 | 34 | **72** | 34 | **72** | 29 | 61 | **84** | **177** | 4 | 8 | 1 | 2 |
| Vitamin B4 (Choline) | 23 | 49 | 30 | 63 | 28 | 59 | 51 | **108** | 13 | 27 | 6 | 13 |
| Vitamin B12 | 20 | 42 | 20 | 42 | 18 | 38 | 17 | 36 | 16 | 34 | 1 | 2 |
| Vitamin B2 | 20 | 42 | 23 | 49 | 18 | 38 | 43 | **91** | 9 | 19 | 1 | 2 |
| Chlorine | 20 | 42 | 20 | 42 | 20 | 42 | 25 | 53 | 20 | 42 | 5 | 11 |
| Phosphorus | 18 | 38 | 18 | 38 | 18 | 38 | 25 | 53 | 13 | 27 | 6 | 13 |
| Vitamin B5 | 17 | 36 | 17 | 36 | 14 | 30 | 28 | 59 | 8 | 17 | 1 | 2 |
| Iron | 15 | 32 | 7 | 15 | 5 | 11 | 12 | 25 | 8 | 17 | 2 | 4 |
| Sodium | 14 | 30 | 14 | 30 | 14 | 30 | 27 | 57 | 13 | 27 | 6 | 13 |
| Coenzyme Q10 | 12 | 25 | 12 | 25 | 12 | 25 | 35 | **74** | 4 | 8 | 1 | 2 |
| Vitamin B6 | 10 | 21 | 10 | 21 | 7 | 15 | 22 | 46 | 4 | 8 | 1 | 2 |
| Vitamin A | 10 | 21 | 13 | 27 | 11 | 23 | 22 | 46 | 6 | 13 | 6 | 13 |
| Iodine | 10 | 21 | 10 | 21 | 7 | 15 | 16 | 34 | 7 | 15 | 1 | 2 |
| Vitamin E | 9 | 19 | 9 | 19 | 9 | 19 | 19 | 40 | 1 | 2 | 1 | 2 |
| Lycopene | 9 | 19 | 9 | 19 | 9 | 19 | 18 | 38 | | | 2 | 4 |
| Zinc | 8 | 17 | 11 | 23 | 8 | 17 | 17 | 36 | 2 | 4 | 2 | 4 |
| Calcium | 7 | 15 | 7 | 15 | 7 | 15 | 7 | 15 | 7 | 15 | 6 | 13 |
| Potassium | 5 | 11 | 6 | 13 | 5 | 11 | 7 | 15 | 4 | 8 | 3 | 6 |
| Vitamin K | 5 | 11 | 7 | 15 | 7 | 15 | 11 | 23 | 5 | 11 | 1 | 2 |
| Vitamin B1 | 5 | 11 | 6 | 13 | 5 | 11 | 11 | 23 | 3 | 6 | 1 | 2 |

## Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Cholesterol | **110** | **232** | **110** | **232** | **110** | **232** | **441** | **931** | | | **221** | **466** |
| Oleic acid (Omega-9) | 51 | **108** | 64 | **135** | 58 | **122** | **91** | **192** | | | **71** | **150** |
| Arachidonic acid (AA, Omega-6) | 22 | 46 | 67 | **141** | 45 | **95** | **135** | **285** | | | 13 | 27 |
| Palmitic acid (Saturated) | 8 | 17 | 8 | 17 | 8 | 17 | 12 | 25 | | | 15 | 32 |

# Celery omelette with olives

Egg dishes

A source of fiber and antioxidants, this omelet supports heart and digestive health. The delicate taste of celery and olives harmoniously combines with aromatic herbs, creating a nutritious and hearty dish.

**Equipment:**

Blender

**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| Celery | 100 | 1/3 pcs |
| Egg | 100 | 2 pcs |
| Almond milk (unsweetened) | 30 | 2 tbsp |
| Olives | 30 | 6 pcs |
| Olive oil | 5 | 1 tsp |
| Parsley | 5 | |
| Basil | 5 | |
| Oregano | 0.3 | 1/8 tsp |
| Sea salt | to taste | |
| Black pepper | to taste | |
| **Optional ingredients:** | | |
| Anchovies | 24 | 2 pcs |
| **Yield:** | **275** g | |

| | 100 g |
|---|---|
| Protein | 5.1 |
| Digestible protein | 4.6 |
| Fats | 6.7 |
| Fiber | 1 |
| Net carbs | 1.2 |
| Fructose | 0 |
| Calories | 89 kcal |
| **Indexes** | |
| Glycemic index | 9.9 |
| Glycemic load | 0.7 |
| Insulin index, II | **20** |
| Inflammatory index, DII | -0.27 |
| Antioxidant, ORAC | 728 |

## Cooking time, min

| | |
|---|---|
| **Slice** | 5 |
| **Blend** | 5 |
| **Heat on the stove** | 3 |
| **Stew** | 15 |
| **Reduce** | 15 |
| | **43 min** |

Slice the celery stalk (100 g) crosswise into thin slices to avoid long fibers that may get tangled in the blender blades. This will simplify the cooking process and make the texture of the omelet more pleasant.

In a blender, whisk the eggs (2 pcs.), almond milk (2 tbsp.), previously chopped celery, salt and pepper to taste, and a pinch of oregano. Blend the mixture until smooth.

Cut the olives (2 tbsp.) into quarters lengthwise. Finely chop the anchovies (1-2 pcs.).

In a pan, heat olive oil (1 tsp.) and sauté the olives with the anchovies until fragrant.

Then pour the omelet mixture into the pan, cover with a lid, reduce the heat to low, and cook until fully set, about 12-17 minutes.

When the omelet is ready, drizzle it with olive oil (1 tsp.) when serving, and garnish with fresh parsley (1-2 sprigs) and basil (1-2 leaves).

Digestion time: 3 hours

Complete protein: ✔

**Allowed on diets**

Keto, Paleo (Allowed on a non-strict version), Mediterranean (In moderate amounts), Anti-Candida (ACP) (In a moderate version), Gluten-free Casein-free (GFCF), Specific Carbohydrate Diet (SCD) (In the expanded version), Ketogenic Therapeutic

**Health benefits (2)**

✓ **Women's health and hormonal balance**: Oleic acid (Omega-9)

✓ **Lowering blood sugar**: Oleic acid (Omega-9)

## Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: boiling/stewing.

### Minerals, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Fructose | | | | | | |
| Vitamin K | 37 | 49 | 49 | **80** | 37 | 9 |
| Selenium | 19 | 19 | 17 | 34 | 10 | 3 |
| Vitamin B7 | 18 | 18 | 15 | 44 | 2 | 1 |
| Iron | 15 | 7 | 4 | 12 | 8 | 2 |
| Phosphorus | 11 | 11 | 11 | 15 | 7 | 4 |
| Vitamin B2 | 11 | 13 | 10 | 24 | 5 | 1 |
| Vitamin B4 (Choline) | 10 | 13 | 13 | 23 | 6 | 3 |
| Vitamin E | 10 | 10 | 10 | 21 | 1 | 1 |
| Sodium | 10 | 10 | 10 | 19 | 9 | 5 |
| Vitamin B5 | 8 | 8 | 6 | 13 | 4 | 1 |
| Vitamin B12 | 7 | 7 | 6 | 6 | 5 | 1 |
| Calcium | 6 | 6 | 6 | 6 | 6 | 5 |
| Chlorine | 6 | 6 | 6 | 7 | 6 | 2 |
| Coenzyme Q10 | 6 | 6 | 6 | 18 | 2 | 1 |
| Zinc | 5 | 7 | 5 | 10 | 1 | 1 |
| Potassium | 5 | 6 | 5 | 7 | 4 | 3 |
| Vitamin B6 | 5 | 5 | 3 | 10 | 2 | 1 |
| Iodine | 5 | 5 | 3 | 8 | 4 | 1 |

### Lipids, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Cholesterol | 68 | 68 | 68 | **271** | | **135** |
| Oleic acid (Omega-9) | 40 | 50 | 46 | **72** | | 56 |
| Arachidonic acid (AA, Omega-6) | 12 | 37 | 25 | **74** | | 7 |
| Palmitic acid (Saturated) | 6 | 6 | 6 | 10 | | 13 |

# Desserts and sweets

# Airy sesame cookies

Desserts and sweets

A source of protein and healthy fats, this cookie is rich in antioxidants and calcium thanks to sesame, has a delicate texture and a light vanilla aroma, making it perfect for a snack on a keto diet.

**Equipment:**

Mixer

Oven

**Servings: 2** (**1 serving** ≈ 82 grams)
**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| Egg white | 60 | 1.8 pcs |
| Sesame | 40 | 4.4 tbsp |
| Water | 30 | 2 tbsp |
| Whey protein isolate | 20 | 1.7 tbsp |
| Gelatin ↺ | 6 | 2 tsp |
| Coconut milk (unsweetened) | 5 | 1 tsp |
| Baking soda | 0.5 | 1/8 tsp |
| Cooking salt | 0.5 | 1/8 tsp |
| Vanilla | 0.5 | 1/4 tsp |
| Citric acid ↺ | 0.5 | 1/8 tsp |
| Xanthan gum ↺ | 0.2 | 1/8 tsp |
| **Yield:** | **163** g | |

| | 100 g |
|---|---|
| Protein | 22 |
| Digestible protein | 17.1 |
| Fats | 13.7 |
| Fiber | 2.9 |
| Net carbs | 4.3 |
| Calories | 229 kcal |
| **Indexes** | |
| Glycemic index | 10 |
| Glycemic load | 1.3 |
| Insulin index, II | 41 |
| Inflammatory index, DII | -0.09 |
| Antioxidant, ORAC | 1 409 |

## Cooking time, min

| | |
|---|---|
| **Let stand** | 20 |
| **Mix** | 5 |
| **Beat with a mixer** | 5 |
| **Mix dry ingredients** | 5 |
| **Preparation** | 10 |
| **Bake in the oven** | 30 |
| Chill in the refrigerator | 12 |
| **1 h 15 min - 1 h 27 min** | |

Soak the gelatin (6 g) in cold water (30 g) until it swells, then melt it in a water bath or microwave.

In a separate bowl, mix the sweetener (to taste) with salt (0.5 g), vanillin (0.5 g), citric acid (0.5 g), xanthan gum (~0.2 g), and baking soda (0.5 g).

Beat the egg whites (60 g) with a mixer on high speed, gradually adding the prepared sweet mixture.

Continue beating until a thick and airy mass is achieved. Then, while still beating, gently pour in the melted gelatin and continue beating until the ingredients are fully combined.

In another bowl, combine sesame seeds (40 g), dry coconut milk (5 g), and soy or whey protein isolate (20 g).

After that, gently combine the protein mixture with this dry mixture, stirring until a homogeneous and fluffy mass is obtained.

On a baking sheet lined with parchment paper or a silicone mat, pipe the cookies using a pastry bag or teaspoon, forming round shapes with a diameter of 3-4 cm.

Bake in a preheated oven at 170-180°C for 25-35 minutes.

After baking, carefully remove the cookies from the baking sheet and cool them on a rack.

For the best flavor, it is recommended to refrigerate the cookies for at least 12 hours before serving.

## Substitution options

- **Gelatin:** Agar-agar - 1 g of gelatin is equivalent to 0.4 g of agar. Agar sets at room temperature and does not melt until 80 °C, so the soufflé will be denser. For creams, add agar to hot liquid and boil for 1 minute.
- **Citric acid:** Lemon - 6 tsp of lemon juice is equivalent to 1 g of acid. The juice provides not only acidity but also a citrus aroma. For curdling milk, use cold juice; for marinades, heat for 1 minute to deactivate the enzymes.
- **Xanthan gum:** Psyllium - Take 2 times more than the comedy. First grind into powder. Psyllium holds 6 times more water and gives the bread a fibrous structure. Knead and let it sit for 10 minutes for hydration.

Digestion time: 4 hours

Complete protein: ✔

**Allowed on diets**

Keto, FODMAP, Low Lectin Diet (In a moderate version), Ketogenic Therapeutic

### Health benefits (8)

- ✓ **Boosting immunity**: Protein
- ✓ **Improving metabolism**: Protein
- ✓ **Photoprotection**: Collagen
- ✓ **Strong joints and bones**: Collagen
- ✓ **Nervous system (stress support)**: Tryptophan
- ✓ **Skin, hair and nails**: Collagen
- ✓ **Sleep and relaxation**: Tryptophan
- ✓ **Skin support**: Collagen

## Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: baking.

### Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Collagen | **125** | **103** | **125** | **103** | **125** | **103** | **125** | **103** | 63 | 52 | 21 | 17 |
| Copper | **111** | **91** | **111** | **91** | **100** | **82** | **228** | **187** | 67 | 55 | 33 | 27 |
| Iron | 47 | 39 | 21 | 17 | 14 | 11 | 37 | 30 | 25 | 21 | 7 | 6 |
| Selenium | 39 | 32 | 39 | 32 | 36 | 30 | **72** | 59 | 22 | 18 | 5 | 4 |
| Manganese | 27 | 22 | 35 | 29 | 31 | 25 | 42 | 34 | 27 | 22 | 12 | 10 |
| Phosphorus | 25 | 21 | 25 | 21 | 25 | 21 | 35 | 29 | 18 | 15 | 9 | 7 |
| Calcium | 25 | 21 | 25 | 21 | 25 | 21 | 25 | 21 | 25 | 21 | 21 | 17 |
| Magnesium | 23 | 19 | 30 | 25 | 26 | 21 | **73** | 60 | 16 | 13 | 12 | 10 |
| Zinc | 18 | 15 | 25 | 21 | 18 | 15 | 40 | 33 | 4 | 3 | 4 | 3 |
| Vitamin B1 | 16 | 13 | 17 | 14 | 13 | 11 | 31 | 25 | 9 | 7 | 1 | 1 |
| Vitamin B7 | 15 | 12 | 15 | 12 | 13 | 11 | 39 | 32 | 2 | 2 | 1 | 1 |
| Vitamin B2 | 14 | 11 | 16 | 13 | 13 | 11 | 30 | 25 | 6 | 5 | 1 | 1 |
| Vitamin B6 | 13 | 11 | 13 | 11 | 9 | 7 | 29 | 24 | 6 | 5 | 1 | 1 |
| Vitamin B12 | 11 | 9 | 11 | 9 | 10 | 8 | 10 | 8 | 9 | 7 | 1 | 1 |
| Sodium | 8 | 7 | 8 | 7 | 8 | 7 | 16 | 13 | 8 | 7 | 4 | 3 |
| Fibers | 8 | 7 | 12 | 10 | 10 | 8 | 12 | 10 | | | 7 | 6 |
| Chlorine | 8 | 7 | 8 | 7 | 8 | 7 | 10 | 8 | 8 | 7 | 2 | 2 |
| Potassium | 6 | 5 | 7 | 6 | 7 | 6 | 8 | 7 | 5 | 4 | 4 | 3 |
| Vitamin B9 | 6 | 5 | 6 | 5 | 4 | 3 | 11 | 9 | 6 | 5 | 2 | 2 |
| Vitamin B3 | 6 | 5 | 7 | 6 | 6 | 5 | 12 | 10 | 5 | 4 | 1 | 1 |
| Boron | 6 | 5 | 6 | 5 | 6 | 5 | 11 | 9 | | | 2 | 2 |

### Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Cholesterol | 68 | 56 | 68 | 56 | 68 | 56 | **274** | **225** | | | **137** | **112** |
| Linoleic acid (Omega-6) | 30 | 25 | 43 | 35 | 39 | 32 | **73** | 60 | | | **85** | **70** |
| Oleic acid (Omega-9) | 10 | 8 | 12 | 10 | 11 | 9 | 18 | 15 | | | 14 | 11 |

# Almond candies with cinnamon

Desserts and sweets

A source of healthy fats and protein, these cinnamon almond candies help maintain blood sugar levels thanks to erythritol. Their rich taste and aroma make them the perfect dessert for a keto diet.

**Servings: 2** (**1 serving** ≈ 113 grams)
**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| **Soft cheese** | 110 | 6.1 tbsp |
| **Almond flour** | 48 | 4 tbsp |
| **Butter** | 30 | 2 tbsp |
| **Erythritol** | 30 | 2 tbsp |
| **Cinnamon** | 7.5 | 1 tbsp |
| **Vanilla** | 1 | 1/2 tsp |
| **Yield:** | **227** g | |

| | 100 g |
|---|---|
| Protein | 14.6 |
| Digestible protein | 12.3 |
| Fats | 34.6 |
| Fiber | 2.8 |
| Net carbs | 3.2 |
| Calories | 386 kcal |
| **Indexes** | |
| Glycemic index | 3.2 |
| Glycemic load | 0.1 |
| Insulin index, II | **17** |
| Inflammatory index, DII | -0.03 |
| Antioxidant, ORAC | 10 629 |

## Cooking time, min

| | |
|---|---|
| **Mix** | 5 |
| **Freeze** | 5 |
| **Mix** | 5 |
| **Preparation** | 5 |
| **Freeze** | 10 |
| | **30 min** |

Mix cream cheese (110 g), room temperature butter (2 tbsp), and erythritol (1 tbsp) until smooth.

Add vanilla extract (1/2 tsp) and 1 tsp of cinnamon.

Mix well, then add almond flour (4 tbsp) and mix again.

Place the mixture in the freezer for 5 minutes to firm up a bit.

After that, form small balls from the mixture.

In a separate bowl, combine 1 tbsp of erythritol and cinnamon (2 tsp).

Roll each candy in this mixture.

Then return the candies to the freezer for 5-10 minutes for final stabilization.

Store the finished candies in the refrigerator.

Digestion time: 4 hours

Complete protein: ✔

**Allowed on diets**

Keto, Paleo (Allowed on a non-strict version), Mediterranean (In moderate amounts), FODMAP (During the reintroduction phase), Low Lectin Diet (In a moderate version), Ketogenic Therapeutic

**Health benefits (6)**

✓ **Intimate health (circulation)**: E

✓ **Improving metabolism**: Fats

✓ **Photoprotection**: E

✓ **Men's strength and endurance**: Cholesterol

✓ **Skin, hair and nails**: E

✓ **Skin support**: E

# Nutrients, % of the recommended daily intake

## Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Manganese | 47 | 53 | 60 | 68 | 54 | 61 | **72** | **81** | 47 | 53 | 21 | 24 |
| Vitamin E | 40 | 45 | 40 | 45 | 40 | 45 | **85** | **96** | 6 | 7 | 2 | 2 |
| Phosphorus | 30 | 34 | 30 | 34 | 30 | 34 | 42 | 47 | 21 | 24 | 10 | 11 |
| Copper | 27 | 31 | 27 | 31 | 24 | 27 | 55 | 62 | 16 | 18 | 8 | 9 |
| Vitamin B2 | 26 | 29 | 30 | 34 | 24 | 27 | 56 | 63 | 11 | 12 | 1 | 1 |
| Probiotics | 24 | 27 | 24 | 27 | 24 | 27 | 49 | 55 | | | 5 | 6 |
| Vitamin A | 22 | 25 | 28 | 32 | 26 | 29 | 49 | 55 | 13 | 15 | 13 | 15 |
| Zinc | 20 | 23 | 27 | 31 | 20 | 23 | 44 | 50 | 4 | 5 | 4 | 5 |
| Boron | 20 | 23 | 20 | 23 | 20 | 23 | 40 | 45 | | | 6 | 7 |
| Iron | 16 | 18 | 7 | 8 | 5 | 6 | 13 | 15 | 9 | 10 | 3 | 3 |
| Magnesium | 15 | 17 | 20 | 23 | 18 | 20 | 49 | 55 | 11 | 12 | 8 | 9 |
| Molybdenum | 15 | 17 | 15 | 17 | 14 | 16 | 31 | 35 | | | 1 | 1 |
| Selenium | 14 | 16 | 14 | 16 | 13 | 15 | 26 | 29 | 8 | 9 | 2 | 2 |
| Calcium | 13 | 15 | 13 | 15 | 13 | 15 | 13 | 15 | 13 | 15 | 11 | 12 |
| Vitamin B7 | 11 | 12 | 11 | 12 | 9 | 10 | 27 | 31 | 1 | 1 | 1 | 1 |
| Vitamin B12 | 10 | 11 | 10 | 11 | 9 | 10 | 8 | 9 | 8 | 9 | 1 | 1 |
| Fibers | 10 | 11 | 16 | 18 | 14 | 16 | 16 | 18 | | | 10 | 11 |
| Sodium | 9 | 10 | 9 | 10 | 9 | 10 | 17 | 19 | 8 | 9 | 4 | 5 |
| Potassium | 6 | 7 | 8 | 9 | 7 | 8 | 9 | 10 | 5 | 6 | 4 | 5 |
| Vitamin B6 | 6 | 7 | 6 | 7 | 4 | 5 | 14 | 16 | 3 | 3 | 1 | 1 |
| Iodine | 6 | 7 | 6 | 7 | 4 | 5 | 10 | 11 | 5 | 6 | 1 | 1 |
| Vitamin B5 | 5 | 6 | 5 | 6 | 4 | 5 | 8 | 9 | 2 | 2 | 1 | 1 |
| Vitamin B3 | 5 | 6 | 6 | 7 | 5 | 6 | 11 | 12 | 4 | 5 | 1 | 1 |
| Vitamin B1 | 5 | 6 | 5 | 6 | 4 | 5 | 9 | 10 | 3 | 3 | 1 | 1 |

## Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Cholesterol | **159** | **180** | **159** | **180** | **159** | **180** | **638** | **721** | | | **319** | **360** |
| Palmitic acid (Saturated) | **90** | **102** | **90** | **102** | **90** | **102** | **138** | **156** | | | **179** | **202** |
| Stearic acid (Saturated) | 27 | 31 | 34 | 38 | 34 | 38 | 45 | 51 | | | 68 | **77** |
| Oleic acid (Omega-9) | 16 | 18 | 20 | 23 | 18 | 20 | 29 | 33 | | | 22 | 25 |
| Linoleic acid (Omega-6) | 15 | 17 | 21 | 24 | 20 | 23 | 36 | 41 | | | 42 | 47 |
| Arachidonic acid (AA, Omega-6) | 5 | 6 | 16 | 18 | 11 | 12 | 32 | 36 | | | 3 | 3 |

# Almond cupcakes with blackberries

Desserts and sweets

A source of healthy fats and protein, these muffins are rich in antioxidants from blackberries and fiber from almond flour. Their delicate flavor with hints of cinnamon makes them the perfect dessert for a keto diet.

**Equipment:**

Mixer

Oven

**Servings: 4** (**1 serving** ≈ 82 grams)
**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| **Butter** | 100 | 6.7 tbsp |
| **Almond flour** | 100 | 8.3 tbsp |
| **Egg** | 100 | 2 pcs |
| **Blackberry** | 24 | 4 pcs |
| **Cocoa powder** | 2.5 | 1 tsp |
| **Cinnamon** | 1.2 | 1/2 tsp |
| **Baking soda** | 1 | 1/4 tsp |
| **Stevia** | to taste | |
| **Yield:** | **329** g | |

| | 100 g |
|---|---|
| Protein | 11.1 |
| Digestible protein | 7.6 |
| Fats | 44.4 |
| Fiber | 2.4 |
| Net carbs | 2.3 |
| Fructose | 0.3 |
| Calories | 461 kcal |
| **Indexes** | |
| Glycemic index | 6.5 |
| Glycemic load | 0.4 |
| Insulin index, II | **19.6** |
| Inflammatory index, DII | -0.09 |
| Antioxidant, ORAC | 3 441 |

## Cooking time, min

| | |
|---|---|
| **Preparation** | 5 |
| **Beat with a mixer** | 5 |
| **Mix** | 5 |
| **Let stand** | 30 |
| **Preparation** | 5 |
| **Bake in the oven** | 20 |
| | **1 h 10 min** |

Melt the butter (100 g) and beat it with stevia to taste and cinnamon (1/2 tsp).

Add the eggs (2 pcs) and beat thoroughly with a mixer until smooth.

Add cocoa powder (1 tsp), almond flour (100 g) or cashew flour (100 g), and baking soda (1/4 tsp). Mix until a smooth batter forms.

Let the batter rest for 30 minutes to stabilize.

Grease the molds with melted butter and distribute the batter among the molds. Place 1-2 berries of blackberry in the center of each cupcake.

Bake at 180°C for about 15 minutes without opening the oven. Then check for doneness with a toothpick and if necessary, bake for another 5-10 minutes until the toothpick comes out dry.

Digestion time: 3 hours

Complete protein: ✔

**Allowed on diets**

Keto, FODMAP (During the reintroduction phase), Low Lectin Diet (In a moderate version), Ketogenic Therapeutic

**Health benefits (10)**

- ✓ **Intimate health (circulation)**: E
- ✓ **Improving metabolism**: Fats
- ✓ **Photoprotection**: E
- ✓ **Nervous system (stress support)**: Tryptophan
- ✓ **Women’s health and hormonal balance**: Oleic acid (Omega-9)
- ✓ **Men’s strength and endurance**: Cholesterol
- ✓ **Lowering blood sugar**: Oleic acid (Omega-9)
- ✓ **Skin, hair and nails**: E
- ✓ **Sleep and relaxation**: Tryptophan
- ✓ **Skin support**: E

# Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: baking.

## Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Fructose | | | | | | | | | | | | |
| Vitamin E | 50 | 41 | 50 | 41 | 50 | 41 | **108** | **89** | 8 | 7 | 3 | 2 |
| Copper | 40 | 33 | 40 | 33 | 36 | 30 | **82** | 67 | 24 | 20 | 12 | 10 |
| Manganese | 37 | 30 | 47 | 39 | 42 | 34 | 56 | 46 | 37 | 30 | 17 | 14 |
| Phosphorus | 32 | 26 | 32 | 26 | 32 | 26 | 44 | 36 | 22 | 18 | 11 | 9 |
| Vitamin B2 | 30 | 25 | 36 | 30 | 28 | 23 | 66 | 54 | 13 | 11 | 1 | 1 |
| Boron | 29 | 24 | 29 | 24 | 29 | 24 | 57 | 47 | | | 9 | 7 |
| Iron | 25 | 21 | 11 | 9 | 7 | 6 | 20 | 16 | 13 | 11 | 4 | 3 |
| Magnesium | 22 | 18 | 29 | 24 | 25 | 21 | **70** | 57 | 15 | 12 | 11 | 9 |
| Vitamin A | 22 | 18 | 28 | 23 | 26 | 21 | 50 | 41 | 13 | 11 | 13 | 11 |
| Vitamin B7 | 21 | 17 | 21 | 17 | 18 | 15 | 52 | 43 | 2 | 2 | 1 | 1 |
| Selenium | 19 | 16 | 19 | 16 | 17 | 14 | 35 | 29 | 10 | 8 | 3 | 2 |
| Vitamin B4 (Choline) | 15 | 12 | 19 | 16 | 18 | 15 | 32 | 26 | 8 | 7 | 4 | 3 |
| Zinc | 14 | 11 | 19 | 16 | 14 | 11 | 30 | 25 | 3 | 2 | 3 | 2 |
| Calcium | 11 | 9 | 11 | 9 | 11 | 9 | 11 | 9 | 11 | 9 | 9 | 7 |
| Vitamin B5 | 11 | 9 | 11 | 9 | 9 | 7 | 18 | 15 | 5 | 4 | 1 | 1 |
| Fibers | 11 | 9 | 16 | 13 | 14 | 11 | 16 | 13 | | | 10 | 8 |
| Vitamin B12 | 10 | 8 | 10 | 8 | 9 | 7 | 9 | 7 | 8 | 7 | 1 | 1 |
| Potassium | 9 | 7 | 11 | 9 | 10 | 8 | 13 | 11 | 7 | 6 | 6 | 5 |
| Vitamin B1 | 7 | 6 | 7 | 6 | 6 | 5 | 13 | 11 | 4 | 3 | 1 | 1 |
| Vitamin B3 | 6 | 5 | 7 | 6 | 6 | 5 | 13 | 11 | 5 | 4 | 1 | 1 |
| Vitamin B6 | 6 | 5 | 6 | 5 | 4 | 3 | 13 | 11 | 3 | 2 | 1 | 1 |
| Coenzyme Q10 | 6 | 5 | 6 | 5 | 6 | 5 | 18 | 15 | 2 | 2 | 1 | 1 |
| Vitamin B9 | 5 | 4 | 5 | 4 | 4 | 3 | 11 | 9 | 5 | 4 | 2 | 2 |
| Iodine | 5 | 4 | 5 | 4 | 3 | 2 | 8 | 7 | 4 | 3 | 1 | 1 |

## Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Cholesterol | **384** | **315** | **384** | **315** | **384** | **315** | **1 535** | **1 259** | | | **767** | **629** |
| Palmitic acid (Saturated) | **70** | 57 | **70** | 57 | **70** | 57 | **107** | **88** | | | **140** | **115** |
| Stearic acid (Saturated) | 62 | 51 | **78** | 64 | **78** | 64 | **103** | **84** | | | **155** | **127** |
| Oleic acid (Omega-9) | 43 | 35 | 54 | 44 | 49 | 40 | **77** | 63 | | | 60 | 49 |
| Arachidonic acid (AA, Omega-6) | 23 | 19 | 69 | 57 | 46 | 38 | **139** | **114** | | | 14 | 11 |
| Linoleic acid (Omega-6) | 20 | 16 | 29 | 24 | 27 | 22 | 50 | 41 | | | 58 | 48 |
| Alpha-linolenic acid (Omega-3) | 5 | 4 | 7 | 6 | 6 | 5 | 9 | 7 | 4 | 3 | 3 | 2 |

# Almond donuts in glaze

Desserts and sweets

A source of healthy fats and protein, these donuts provide satiety and support energy levels. Low in carbohydrates and sweetened with natural sweeteners, they are perfect for a keto diet, while the combination of almond and coconut gives the dish a rich flavor and aroma.

**Equipment:**

Mixer

Oven

**Servings: 4** (**1 serving** ≈ 108 grams)
**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| **Almond flour** | 150 | |
| **Egg** | 100 | 2 pcs |
| **Butter** | 50 | 3.3 tbsp |
| **Coconut milk (unsweetened)** | 50 | 3.3 tbsp |
| **Baking soda** | 2 | 1/2 tsp |
| **Stevia** | to taste | |
| **Cinnamon** | to taste | |
| **Cooking salt** | to taste | |
| **Glaze cream – coconut urbech** | 80 | |
| **Optional ingredients:** | | |
| **Stevia** | 1 | 1/8 tsp |
| **Cinnamon** | 1 | 1/3 tsp |
| **Yield:** | **432** g | |

| | 100 g |
|---|---|
| Protein | 11.8 |
| Digestible protein | 7.1 |
| Fats | 43.3 |
| Fiber | 3.9 |
| Net carbs | 3.1 |
| Calories | 463 kcal |
| **Indexes** | |
| Glycemic index | 17.6 |
| Glycemic load | 1.4 |
| Insulin index, II | **16.6** |
| Inflammatory index, DII | -0.14 |
| Antioxidant, ORAC | 2 021 |

## Cooking time, min

| | |
|---|---|
| **Beat with a mixer** | 5 |
| **Mix** | 5 |
| **Bake in the oven** | 25 |
| Let stand | 30 |
| Preparation | 5 |
| **35 min - 1 h 10 min** | |

Whisk the melted butter (50 g, fat content of 82.5%), eggs (2 pcs) and coconut milk (50 ml).

Add organic baking soda (1/2 tsp), almond flour (150 g), a pinch of salt, stevia, and Ceylon cinnamon to taste. Mix until you have a smooth batter.

Pour the mixture into a donut mold and bake at 180°C for about 25 minutes until golden brown.

Drizzle the cooled donuts with coconut glaze from the attached recipe.

Digestion time: 3 hours

Complete protein: ✔

**Allowed on diets**

Keto, FODMAP (During the reintroduction phase), Low Lectin Diet, Ketogenic Therapeutic

**Health benefits (9)**

✓ **Intimate health (circulation)**: E
✓ **Improving metabolism**: Fats
✓ **Sleep and relaxation**: Tryptophan
✓ **Skin support**: E
✓ **Photoprotection**: E
✓ **Women's health and hormonal balance**: Oleic acid (Omega-9)
✓ **Men's strength and endurance**: Arginine, Cholesterol
✓ **Lowering blood sugar**: Oleic acid (Omega-9)
✓ **Skin, hair and nails**: E

# Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: baking.

## Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Copper | 54 | 58 | 54 | 58 | 48 | 52 | **109** | **118** | 32 | 35 | 16 | 17 |
| Vitamin E | 53 | 57 | 53 | 57 | 53 | 57 | **115** | **124** | 8 | 9 | 3 | 3 |
| Manganese | 39 | 42 | 50 | 54 | 45 | 49 | 60 | 65 | 39 | 42 | 18 | 19 |
| Phosphorus | 36 | 39 | 36 | 39 | 36 | 39 | 51 | 55 | 25 | 27 | 13 | 14 |
| Boron | 33 | 36 | 33 | 36 | 33 | 36 | 65 | **70** | | | 10 | 11 |
| Vitamin B2 | 31 | 33 | 36 | 39 | 29 | 31 | 67 | **72** | 13 | 14 | 1 | 1 |
| Iron | 28 | 30 | 12 | 13 | 8 | 9 | 22 | 24 | 15 | 16 | 4 | 4 |
| Magnesium | 25 | 27 | 32 | 35 | 29 | 31 | **80** | **86** | 17 | 18 | 13 | 14 |
| Selenium | 18 | 19 | 18 | 19 | 17 | 18 | 33 | 36 | 10 | 11 | 3 | 3 |
| Vitamin B7 | 18 | 19 | 18 | 19 | 15 | 16 | 44 | 48 | 2 | 2 | 1 | 1 |
| Zinc | 14 | 15 | 20 | 22 | 14 | 15 | 32 | 35 | 3 | 3 | 3 | 3 |
| Fibers | 14 | 15 | 22 | 24 | 19 | 21 | 22 | 24 | | | 14 | 15 |
| Vitamin B4 (Choline) | 12 | 13 | 16 | 17 | 15 | 16 | 26 | 28 | 7 | 8 | 3 | 3 |
| Calcium | 11 | 12 | 11 | 12 | 11 | 12 | 11 | 12 | 11 | 12 | 10 | 11 |
| Potassium | 10 | 11 | 14 | 15 | 12 | 13 | 15 | 16 | 9 | 10 | 7 | 8 |
| Vitamin B5 | 10 | 11 | 10 | 11 | 8 | 9 | 17 | 18 | 5 | 5 | 1 | 1 |
| Vitamin A | 9 | 10 | 12 | 13 | 11 | 12 | 21 | 23 | 6 | 6 | 6 | 6 |
| Vitamin B12 | 8 | 9 | 8 | 9 | 7 | 8 | 7 | 8 | 6 | 6 | 1 | 1 |
| Vitamin B6 | 7 | 8 | 7 | 8 | 4 | 4 | 14 | 15 | 3 | 3 | 1 | 1 |
| Vitamin B3 | 7 | 8 | 8 | 9 | 7 | 8 | 15 | 16 | 6 | 6 | 1 | 1 |
| Vitamin B1 | 7 | 8 | 8 | 9 | 6 | 6 | 14 | 15 | 4 | 4 | 1 | 1 |
| Vitamin B9 | 6 | 6 | 6 | 6 | 4 | 4 | 13 | 14 | 6 | 6 | 3 | 3 |
| Coenzyme Q10 | 5 | 5 | 5 | 5 | 5 | 5 | 14 | 15 | 1 | 1 | 1 | 1 |

## Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Cholesterol | **168** | **181** | **168** | **181** | **168** | **181** | **670** | **724** | | | **335** | **362** |
| Palmitic acid (Saturated) | 46 | 50 | 46 | 50 | 46 | 50 | **71** | **77** | | | **92** | **99** |
| Oleic acid (Omega-9) | 39 | 42 | 49 | 53 | 44 | 48 | 69 | **75** | | | 54 | 58 |
| Stearic acid (Saturated) | 26 | 28 | 32 | 35 | 32 | 35 | 43 | 46 | | | 64 | **69** |
| Linoleic acid (Omega-6) | 23 | 25 | 33 | 36 | 30 | 32 | 57 | 62 | | | 66 | **71** |
| Arachidonic acid (AA, Omega-6) | 13 | 14 | 40 | 43 | 26 | 28 | **79** | **85** | | | 8 | 9 |
| Myristic acid (Saturated) | 11 | 12 | 14 | 15 | 14 | 15 | 18 | 19 | | | 55 | 59 |
| Alpha-linolenic acid (Omega-3) | 5 | 5 | 7 | 8 | 6 | 6 | 9 | 10 | 4 | 4 | 3 | 3 |

# Cakes and sweet pies

# Almond berry pie

Cakes and sweet pies

A source of healthy fats and protein, this berry pie is rich in antioxidants and fiber, which supports heart health and blood sugar levels. The delicate taste of almond and the freshness of raspberry make it an ideal dessert for a keto diet.

**Equipment:**

Mixer

Oven

**Servings: 4** (**1 serving** ≈ 102 grams)
**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| **Almond flour** | 100 | 8.3 tbsp |
| **Egg** | 100 | 2 pcs |
| **Raspberry** | 100 | |
| **Ghee butter** | 100 | 6.7 tbsp |
| **Stevia** | 5 | 1 tsp |
| **Cinnamon** | 2.5 | 1 tsp |
| **Yield:** | **408** g | |

| | 100 g |
|---|---|
| Protein | 8.8 |
| Digestible protein | 6.1 |
| Fats | 40.5 |
| Fiber | 3.1 |
| Net carbs | 2.9 |
| Fructose | 1 |
| Calories | 427 kcal |
| **Indexes** | |
| Glycemic index | 9.8 |
| Glycemic load | 0.5 |
| Insulin index, II | **20.9** |
| Inflammatory index, DII | -0.31 |
| Antioxidant, ORAC | 4 042 |

## Cooking time, min

| | |
|---|---|
| **Beat with a mixer** | 15 |
| **Knead the dough** | 5 |
| **Bake in the oven** | 30 |
| Let stand | 15 |
| | **50 min - 1 h 5 min** |

Whip the ghee at room temperature (100 g) with a stevia and erythritol sweetener (1 tsp) and cinnamon (1 tsp) until the mixture becomes light and fluffy.

Add the eggs (2 pcs) one at a time, thoroughly beating after each addition. Gradually incorporate the almond flour (100 g) in small portions while keeping the mixer running.

Prepare a springform pan with a diameter of 15–17 cm: line the bottom with parchment paper and grease the sides with butter. Transfer the batter into the pan and smooth it out with a spatula.

Top with raspberries (100 g), fresh or thawed.

Bake at 180 °C for about 30 minutes.

After baking, decorate the pie with almond flakes and coconut flakes.

Remove from the pan only after it has completely cooled.

Digestion time: 3 hours

Complete protein: ✔

**Allowed on diets**

Keto, Paleo (Allowed on a non-strict version), Mediterranean (In moderate amounts), Anti-Candida (ACP) (In a moderate version), FODMAP (During the reintroduction phase), Low Lectin Diet, Gluten-free Casein-free (GFCF), Specific Carbohydrate Diet (SCD) (In the expanded version), Ketogenic Therapeutic

**Health benefits (9)**

- ✓ **Intimate health (circulation)**: E
- ✓ **Boosting immunity**: A
- ✓ **Improving metabolism**: Fats
- ✓ **Photoprotection**: E
- ✓ **Women’s health and hormonal balance**: Oleic acid (Omega-9)
- ✓ **Men’s strength and endurance**: Cholesterol
- ✓ **Lowering blood sugar**: Oleic acid (Omega-9)
- ✓ **Skin, hair and nails**: E
- ✓ **Skin support**: E

# Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: baking.

## Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Fructose | | | | | | | | | | | | |
| Vitamin A | **73** | **74** | **94** | **96** | **86** | **88** | **165** | **168** | 44 | 45 | 44 | 45 |
| Vitamin E | 42 | 43 | 42 | 43 | 42 | 43 | **91** | **93** | 6 | 6 | 2 | 2 |
| Manganese | 37 | 38 | 47 | 48 | 42 | 43 | 56 | 57 | 37 | 38 | 17 | 17 |
| Copper | 32 | 33 | 32 | 33 | 29 | 30 | 66 | 67 | 19 | 19 | 10 | 10 |
| Phosphorus | 25 | 26 | 25 | 26 | 25 | 26 | 35 | 36 | 17 | 17 | 9 | 9 |
| Vitamin B2 | 24 | 24 | 29 | 30 | 23 | 23 | 53 | 54 | 11 | 11 | 1 | 1 |
| Boron | 23 | 23 | 23 | 23 | 23 | 23 | 46 | 47 | | | 7 | 7 |
| Iron | 21 | 21 | 9 | 9 | 6 | 6 | 17 | 17 | 11 | 11 | 3 | 3 |
| Magnesium | 18 | 18 | 23 | 23 | 21 | 21 | 57 | 58 | 12 | 12 | 9 | 9 |
| Vitamin B7 | 17 | 17 | 17 | 17 | 14 | 14 | 42 | 43 | 2 | 2 | 1 | 1 |
| Selenium | 15 | 15 | 15 | 15 | 14 | 14 | 27 | 28 | 8 | 8 | 2 | 2 |
| Prebiotics | 14 | 14 | 14 | 14 | 14 | 14 | 28 | 29 | | | 14 | 14 |
| Vitamin B4 (Choline) | 12 | 12 | 15 | 15 | 15 | 15 | 26 | 27 | 7 | 7 | 3 | 3 |
| Zinc | 12 | 12 | 16 | 16 | 12 | 12 | 25 | 26 | 3 | 3 | 3 | 3 |
| Fibers | 12 | 12 | 18 | 18 | 16 | 16 | 18 | 18 | | | 11 | 11 |
| Calcium | 9 | 9 | 9 | 9 | 9 | 9 | 9 | 9 | 9 | 9 | 8 | 8 |
| Vitamin B5 | 8 | 8 | 8 | 8 | 7 | 7 | 14 | 14 | 4 | 4 | 1 | 1 |
| Vitamin B12 | 8 | 8 | 8 | 8 | 8 | 8 | 7 | 7 | 7 | 7 | 1 | 1 |
| Potassium | 7 | 7 | 10 | 10 | 9 | 9 | 11 | 11 | 6 | 6 | 5 | 5 |
| Vitamin B6 | 6 | 6 | 6 | 6 | 4 | 4 | 13 | 13 | 3 | 3 | 1 | 1 |
| Vitamin B3 | 6 | 6 | 6 | 6 | 5 | 5 | 11 | 11 | 5 | 5 | 1 | 1 |
| Vitamin B1 | 6 | 6 | 6 | 6 | 5 | 5 | 11 | 11 | 3 | 3 | 1 | 1 |
| Vitamin C | 6 | 6 | 7 | 7 | 6 | 6 | 21 | 21 | 1 | 1 | 1 | 1 |
| Vitamin B9 | 5 | 5 | 5 | 5 | 3 | 3 | 10 | 10 | 5 | 5 | 2 | 2 |
| Coenzyme Q10 | 5 | 5 | 5 | 5 | 5 | 5 | 15 | 15 | 1 | 1 | 1 | 1 |

## Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Cholesterol | **310** | **316** | **310** | **316** | **310** | **316** | **1 238** | **1 263** | | | **619** | **631** |
| Palmitic acid (Saturated) | 68 | **69** | 68 | **69** | 68 | **69** | **104** | **106** | | | **136** | **139** |
| Oleic acid (Omega-9) | 66 | 67 | **83** | **85** | **75** | **77** | **119** | **121** | | | **92** | **94** |
| Stearic acid (Saturated) | 61 | 62 | **76** | **78** | **76** | **78** | **101** | **103** | | | **152** | **155** |
| Linoleic acid (Omega-6) | 16 | 16 | 23 | 23 | 22 | 22 | 40 | 41 | | | 47 | 48 |
| Arachidonic acid (AA, Omega-6) | 9 | 9 | 28 | 29 | 19 | 19 | 56 | 57 | | | 6 | 6 |
| Alpha-linolenic acid (Omega-3) | 5 | 5 | 7 | 7 | 6 | 6 | 9 | 9 | 4 | 4 | 3 | 3 |

# Bird’s milk

Cakes and sweet pies

A source of healthy fats and low glycemic index, this dish has a creamy texture and sweet taste thanks to erythritol. Perfect for desserts on a keto diet.

**Equipment:**

Mixer

**Servings: 8** (**1 serving** ≈ 86 grams)
**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| **Sour cream 30%** | 250 | |
| **Cream** | 200 | |
| **10% fat cream** | 120 | 8 tbsp |
| **Erythritol** | 100 | 6.7 tbsp |
| **Gelatin** ↺ | 14 | 1.6 tbsp |
| **Vanilla** | 2 | 1 tsp |
| **Yield:** | **686** g | |

| | 100 g |
|---|---|
| Protein | 4 |
| Digestible protein | 1.6 |
| Fats | 22.9 |
| Fiber | 0 |
| Net carbs | 2.6 |
| Calories | 248 kcal |
| **Indexes** | |
| Glycemic index | 0.5 |
| Glycemic load | 0 |
| Insulin index, II | **9.5** |
| Inflammatory index, DII | 0.06 |
| Antioxidant, ORAC | 460 |

## Cooking time, min

| | |
|---|---|
| **Let stand** | 20 |
| **Heat on the stove** | 10 |
| **Mix** | 5 |
| **Beat with a mixer** | 5 |
| **Chill in the refrigerator** | 1 h |
| | **1 h 40 min** |

Soak the gelatin (14 g) in 120 grams of 10% cream. Leave it for 15–20 minutes to swell.

Then heat the mixture over medium heat, stirring, until the gelatin is completely dissolved, after which let it cool slightly.

In a separate bowl, mix the sour cream (250 g) with erythritol (100 g) and vanilla extract (1 tsp), whisking until the sweetener is fully dissolved.

Whip the chilled cream (33–35% fat content, 200 ml) until fluffy, then gently add the sour cream mixture and the cooled gelatin.

Whip for another 30–60 seconds to ensure all ingredients are well combined.

Pour the resulting mixture into an 18×18 cm mold and place it in the refrigerator to set.

Once set, you can decorate the top with chocolate glaze. The glaze recipe is attached below.

## Substitution options

- **Gelatin:** Agar-agar - 1 g of gelatin is equivalent to 0.4 g of agar. Agar sets at room temperature and does not melt until 80 °C, so the soufflé will be denser. For creams, add agar to hot liquid and boil for 1 minute.

## Related recipes

| | |
|---|---|
| | Chocolate glaze on cocoa powder |
| | Chocolate glaze (based on chocolate) |

Digestion time: 3 hours

Complete protein: ✔

**Allowed on diets**

Keto, Paleo (Allowed on a non-strict version), FODMAP (During the reintroduction phase), Low Lectin Diet (In a moderate version), Ketogenic Therapeutic, Low Oxalate Diet (In a moderate version)

**Health benefits (4)**

✓ **Photoprotection**: Collagen

✓ **Strong joints and bones**: Collagen

✓ **Skin, hair and nails**: Collagen

✓ **Skin support**: Collagen

# Nutrients, % of the recommended daily intake

## Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Collagen | 69 | 59 | 69 | 59 | 69 | 59 | 69 | 59 | 35 | 30 | 12 | 10 |
| Vitamin A | 34 | 29 | 43 | 37 | 39 | 34 | **76** | 65 | 20 | 17 | 20 | 17 |
| Vitamin B2 | 18 | 15 | 21 | 18 | 17 | 15 | 39 | 34 | 8 | 7 | 1 | 1 |
| Probiotics | 18 | 15 | 18 | 15 | 18 | 15 | 36 | 31 | | | 4 | 3 |
| Vitamin B12 | 12 | 10 | 12 | 10 | 11 | 9 | 10 | 9 | 9 | 8 | 1 | 1 |
| Phosphorus | 10 | 9 | 10 | 9 | 10 | 9 | 13 | 11 | 7 | 6 | 3 | 3 |
| Calcium | 7 | 6 | 7 | 6 | 7 | 6 | 7 | 6 | 7 | 6 | 6 | 5 |
| Fluorine | 7 | 6 | 7 | 6 | 7 | 6 | 26 | 22 | | | 7 | 6 |
| Vitamin D | 6 | 5 | 6 | 5 | 6 | 5 | 6 | 5 | 1 | 1 | 1 | 1 |
| Vitamin B4 (Choline) | 5 | 4 | 7 | 6 | 6 | 5 | 11 | 9 | 3 | 3 | 1 | 1 |
| Vitamin B5 | 5 | 4 | 5 | 4 | 4 | 3 | 8 | 7 | 3 | 3 | 1 | 1 |

## Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Palmitic acid (Saturated) | 52 | 45 | 52 | 45 | 52 | 45 | **80** | 69 | | | **104** | **89** |
| Cholesterol | 29 | 25 | 29 | 25 | 29 | 25 | **115** | **99** | | | 58 | 50 |
| Alpha-linolenic acid (Omega-3) | 7 | 6 | 10 | 9 | 7 | 6 | 12 | 10 | 5 | 4 | 3 | 3 |

# Cake — ice cream

Cakes and sweet pies

A source of protein and healthy fats, this dessert provides satiety and supports energy levels. The high cocoa content gives it a rich chocolate flavor, while the mascarpone and cream make it creamy and exquisite. Perfect for a keto diet and as a treat without excess carbohydrates.

**Equipment:**

Mixer

Oven

**Servings: 6** (**1 serving** ≈ 158 grams)
**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| **Preparation of the base** | | |
| **Egg** | 150 | 3 pcs |
| **85% chocolate** | 100 | 8.3 tbsp |
| **Butter** | 100 | 6.7 tbsp |
| **Baking powder without starch** ↺ | 1 | 1/4 tsp |
| **Stevia** | to taste | |
| **Ice cream preparation** | | |
| **Mascarpone** | 250 | |
| **Cream** | 250 | |
| **85% chocolate** | 40 | 3.3 tbsp |
| **Stevia** | 40 | 2.7 tbsp |
| **Cognac** | 15 | 1 tbsp |
| **Yield:** | **946** g | |

| | 100 g |
|---|---|
| Protein | 5.3 |
| Digestible protein | 3.3 |
| Fats | 38.8 |
| Fiber | 0.3 |
| Net carbs | 3.5 |
| Calories | 388 kcal |
| **Indexes** | |
| Glycemic index | 4.6 |
| Glycemic load | 2.3 |
| Insulin index, II | **14.4** |
| Inflammatory index, DII | 0.06 |
| Antioxidant, ORAC | 3 130 |

## Cooking time, min

| | |
|---|---|
| **Preparation** | 5 |
| **Mix** | 5 |
| **Beat with a mixer** | 10 |
| **Mix** | 5 |
| **Bake in the oven** | 25 |
| **Preparation** | 5 |
| **Beat with a mixer** | 5 |
| **Preparation** | 10 |
| **Preparation** | 5 |
| **Chill in the refrigerator** | 3 h |
| Let stand | 30 |

**4 h 15 min - 4 h 45 min**

## Preparation of the Base

Preheat the oven to 180 °C.

Melt the chocolate (100 g) in the microwave in 30-second bursts. Add the butter (100 g) and heat until smooth.

Separate the yolks from the whites of the eggs (3 pcs). Whisk the yolks. Gradually incorporate the chocolate mixture into the yolks.

Whip the egg whites until frothy. Add sweetener to taste and whip until stiff and glossy.

Add the baking powder (1/3 tsp) to the chocolate mixture.

Gently fold the egg whites into the chocolate mixture in 3 additions.

Pour the batter into 2 20 cm diameter pans (you need 2 cakes) lined with parchment paper. Bake for 20–25 minutes until a toothpick comes out clean.

Remove the cake and let it cool completely.

## Ice Cream

Place the mascarpone (250 g) in a mixing bowl. Add erythritol (40–60 g) and whip on low speed.

Pour in the 33% cream (250 g). Whip until fluffy and creamy.

Adjust the sweetness with erythritol to taste. Add cognac (1 tbsp).

Chop the chocolate (40 g) into crumbs. Crumble some of the cake. Add the chocolate crumbs and cake to the ice cream.

Gently mix.

## Assembly

Set a ring or mold with a diameter of 20 cm.

Place the cake at the bottom of the mold. Spread the ice cream over the cake layer.

You can cover it with a second cake on top or fold in the crumbs into the ice cream layer.

Put the cake in the freezer for 3 hours.

For long-term storage, take it out 2 hours before serving in the refrigerator or 30 minutes at room temperature.

### Substitution options

- **Baking powder without starch:** Cream of tartar - 2 parts tartar to 1 part baking soda. The mixture is completely gluten-free. The reaction is instant, so the dough needs to be baked immediately, otherwise the gas will escape.

Digestion time: 4 hours

Complete protein: ✔

### Allowed on diets

Keto (In a small amount), Paleo (Allowed on a non-strict version), Low Lectin Diet (In a moderate version), Ketogenic Therapeutic

### Health benefits (5)

- ✓ **Boosting immunity**: A
- ✓ **Improving metabolism**: Fats
- ✓ **Women’s health and hormonal balance**: Oleic acid (Omega-9)
- ✓ **Men’s strength and endurance**: Cholesterol
- ✓ **Lowering blood sugar**: Oleic acid (Omega-9)

## Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: baking.

### Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Vitamin A | 35 | 55 | 45 | **71** | 41 | 65 | **80** | **126** | 21 | 33 | 21 | 33 |
| Iron | 26 | 41 | 12 | 19 | 8 | 13 | 21 | 33 | 14 | 22 | 4 | 6 |
| Phosphorus | 17 | 27 | 17 | 27 | 17 | 27 | 24 | 38 | 12 | 19 | 6 | 9 |
| Vitamin B2 | 17 | 27 | 21 | 33 | 16 | 25 | 38 | 60 | 8 | 13 | 1 | 2 |
| Vitamin B12 | 12 | 19 | 12 | 19 | 11 | 17 | 10 | 16 | 10 | 16 | 1 | 2 |
| Selenium | 11 | 17 | 11 | 17 | 10 | 16 | 20 | 32 | 6 | 9 | 2 | 3 |
| Vitamin B4 (Choline) | 10 | 16 | 12 | 19 | 12 | 19 | 21 | 33 | 5 | 8 | 3 | 5 |
| Vitamin B7 | 10 | 16 | 10 | 16 | 9 | 14 | 26 | 41 | 1 | 2 | 1 | 2 |
| Copper | 9 | 14 | 9 | 14 | 8 | 13 | 18 | 28 | 5 | 8 | 3 | 5 |
| Magnesium | 9 | 14 | 12 | 19 | 11 | 17 | 29 | 46 | 6 | 9 | 5 | 8 |
| Zinc | 8 | 13 | 11 | 17 | 8 | 13 | 18 | 28 | 2 | 3 | 2 | 3 |
| Calcium | 8 | 13 | 8 | 13 | 8 | 13 | 8 | 13 | 8 | 13 | 6 | 9 |
| Vitamin B5 | 7 | 11 | 7 | 11 | 6 | 9 | 12 | 19 | 4 | 6 | 1 | 2 |
| Potassium | 6 | 9 | 8 | 13 | 7 | 11 | 9 | 14 | 5 | 8 | 4 | 6 |
| Fluorine | 6 | 9 | 6 | 9 | 6 | 9 | 24 | 38 | | | 6 | 9 |
| Vitamin D | 5 | 8 | 5 | 8 | 5 | 8 | 5 | 8 | 1 | 2 | 1 | 2 |
| Manganese | 5 | 8 | 6 | 9 | 6 | 9 | 8 | 13 | 5 | 8 | 2 | 3 |

### Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Cholesterol | **299** | **472** | **299** | **472** | **299** | **472** | **1 197** | **1 891** | | | **598** | **945** |
| Palmitic acid (Saturated) | **96** | **152** | **96** | **152** | **96** | **152** | **148** | **234** | | | **192** | **303** |
| Stearic acid (Saturated) | 42 | 66 | 53 | **84** | 53 | **84** | **70** | **111** | | | **105** | **166** |
| Oleic acid (Omega-9) | 31 | 49 | 39 | 62 | 35 | 55 | 56 | **88** | | | 43 | 68 |
| Arachidonic acid (AA, Omega-6) | 10 | 16 | 30 | 47 | 20 | 32 | 60 | **95** | | | 6 | 9 |
| Linoleic acid (Omega-6) | 6 | 9 | 8 | 13 | 8 | 13 | 14 | 22 | | | 16 | 25 |
| Alpha-linolenic acid (Omega-3) | 5 | 8 | 8 | 13 | 6 | 9 | 9 | 14 | 4 | 6 | 3 | 5 |

# Cheesecake

Cakes and sweet pies

A source of protein and healthy fats, this dessert is low in carbohydrates and suitable for a keto diet. Its creamy texture and lemon-vanilla aroma make it a delicious and exquisite treat.

**Equipment:**

Oven

**Servings: 6** (**1 serving** ≈ 181 grams)
**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| **Cream cheese** | 600 | |
| **Almond flour** | 150 | |
| **Cream** | 125 | 8.3 tbsp |
| **Egg** | 100 | 2 pcs |
| **Butter** | 50 | 3.3 tbsp |
| **Erythritol** | 35 | 2.3 tbsp |
| **Egg yolk** | 17 | 1 pcs |
| **Lemon zest** | 5 | 2.5 tsp |
| **Vanilla** | 1 | 1/2 tsp |
| **Optional ingredients:** | | |
| **Bilberry** | 50 | 50 |
| **Yield:** | **1 083** g | |

| | 100 g |
|---|---|
| Protein | 8.5 |
| Digestible protein | 6.8 |
| Fats | 35.7 |
| Fiber | 0.7 |
| Net carbs | 4 |
| Calories | 372 kcal |
| **Indexes** | |
| Glycemic index | 2.1 |
| Glycemic load | 0.1 |
| Insulin index, II | **21.5** |
| Inflammatory index, DII | 0.07 |
| Antioxidant, ORAC | 1 143 |

## Cooking time, min

| | |
|---|---|
| **Fry** | 5 |
| **Mix** | 5 |
| **Bake in the oven** | 8 |
| **Mix** | 5 |
| **Bake in the oven** | 15 |
| **Bake in the oven** | 45 |
| Let stand | 1 h |
| Chill in the refrigerator | 8 h |

**1 h 23 min - 10 h 23 min**

**Crust:**

- Almond flour (150 g)

- Butter (50 g)
- Erythritol (2 tablespoons, 25 g)
- Vanillin or vanilla extract (1/2 teaspoon)

**Filling:**

- Cream cheese (600 g)
- Heavy cream (125 ml)
- Eggs (2 pcs.) + egg yolk (1 pc.)
- Erythritol (1 tablespoon, optional)
- Lemon zest (1 teaspoon)
- Vanilla extract or vanillin (1/2 teaspoon)
- Fresh blueberries (50 g, optional)

Preheat the oven to 175 °C. Grease a 22 cm diameter pan with butter and line the bottom with parchment paper.

Melt the butter (50 g) for the crust and heat it until it has a nutty aroma, which will give the crust a toffee flavor.

Remove from heat and add almond flour (150 g), erythritol (25 g), and vanillin (1/2 teaspoon). Mix until a uniform dough forms and press it into the bottom of the pan.

Bake for 8 minutes until the crust is slightly golden. Set aside and let cool while preparing the filling.

For the filling, mix cream cheese (600 g), heavy cream (125 ml), eggs (2 pcs.), and egg yolk (1 pc.), lemon zest (1 teaspoon), vanilla extract (1/2 teaspoon), and optional erythritol (10 g). Mix well until smooth. Pour the mixture over the crust.

Increase the temperature to 200 °C and bake for 15 minutes. Then reduce the heat to 110 °C and bake for another 45-60 minutes.

Turn off the oven and let the cheesecake cool in the oven.

Once completely cooled, remove it and place it in the refrigerator overnight. Serve with fresh blueberries (50 g).

Digestion time: 3 hours

Complete protein: ✔

**Allowed on diets**

Keto, FODMAP (During the reintroduction phase), Low Lectin Diet (In a moderate version), Ketogenic Therapeutic

**Health benefits (1)**

✓ **Improving metabolism**: Fats

# Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: baking.

## Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Phosphorus | 24 | 43 | 24 | 43 | 24 | 43 | 33 | 60 | 17 | 31 | 8 | 14 |
| Vitamin E | 24 | 43 | 24 | 43 | 24 | 43 | 51 | **92** | 4 | 7 | 1 | 2 |
| Vitamin B2 | 21 | 38 | 25 | 45 | 20 | 36 | 46 | **83** | 9 | 16 | 1 | 2 |
| Vitamin A | 20 | 36 | 25 | 45 | 23 | 42 | 45 | **81** | 12 | 22 | 12 | 22 |
| Copper | 18 | 33 | 18 | 33 | 16 | 29 | 37 | 67 | 11 | 20 | 5 | 9 |
| Vitamin B12 | 16 | 29 | 16 | 29 | 15 | 27 | 14 | 25 | 13 | 24 | 1 | 2 |
| Manganese | 14 | 25 | 18 | 33 | 16 | 29 | 22 | 40 | 14 | 25 | 7 | 13 |
| Selenium | 13 | 24 | 13 | 24 | 12 | 22 | 23 | 42 | 7 | 13 | 2 | 4 |
| Iodine | 13 | 24 | 13 | 24 | 9 | 16 | 22 | 40 | 10 | 18 | 2 | 4 |
| Boron | 13 | 24 | 13 | 24 | 13 | 24 | 26 | 47 | | | 4 | 7 |
| Iron | 11 | 20 | 5 | 9 | 3 | 5 | 9 | 16 | 6 | 11 | 2 | 4 |
| Calcium | 11 | 20 | 11 | 20 | 11 | 20 | 11 | 20 | 11 | 20 | 9 | 16 |
| Sodium | 10 | 18 | 10 | 18 | 10 | 18 | 18 | 33 | 9 | 16 | 4 | 7 |
| Magnesium | 10 | 18 | 14 | 25 | 12 | 22 | 33 | 60 | 7 | 13 | 5 | 9 |
| Vitamin B5 | 9 | 16 | 9 | 16 | 7 | 13 | 15 | 27 | 4 | 7 | 1 | 2 |
| Zinc | 8 | 14 | 11 | 20 | 8 | 14 | 18 | 33 | 2 | 4 | 2 | 4 |
| Vitamin B7 | 8 | 14 | 8 | 14 | 7 | 13 | 20 | 36 | 1 | 2 | 1 | 2 |
| Vitamin B4 (Choline) | 7 | 13 | 9 | 16 | 8 | 14 | 15 | 27 | 4 | 7 | 2 | 4 |
| Potassium | 6 | 11 | 8 | 14 | 7 | 13 | 9 | 16 | 5 | 9 | 4 | 7 |

## Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Cholesterol | **94** | **170** | **94** | **170** | **94** | **170** | **375** | **679** | | | **188** | **340** |
| Palmitic acid (Saturated) | **83** | **150** | **83** | **150** | **83** | **150** | **127** | **230** | | | **165** | **299** |
| Oleic acid (Omega-9) | 16 | 29 | 20 | 36 | 18 | 33 | 28 | 51 | | | 22 | 40 |
| Linoleic acid (Omega-6) | 10 | 18 | 14 | 25 | 13 | 24 | 24 | 43 | | | 28 | 51 |
| Stearic acid (Saturated) | 10 | 18 | 13 | 24 | 13 | 24 | 17 | 31 | | | 25 | 45 |
| Arachidonic acid (AA, Omega-6) | 6 | 11 | 19 | 34 | 13 | 24 | 38 | 69 | | | 4 | 7 |

# Breads and baked goods

# Almond buns

Breads and baked goods

A source of protein and healthy fats, these almond rolls support energy levels and promote a feeling of fullness. Their tender texture and nutty flavor make them a great addition to a keto diet.

**Equipment:**

Oven

**Servings: 3** (**1 serving** ≈ 108 grams)
**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| Egg | 150 | 3 pcs |
| Almond flour | 80 | 6.7 tbsp |
| Sour cream 30% | 80 | 4.4 tbsp |
| Coconut flakes or flour | 8 | 2.7 tsp |
| Baking powder without starch ↺ | 3 | 3/4 tsp |
| Cooking salt | 2 | 1/3 tsp |
| Xanthan gum ↺ | 0.5 | 1/4 tsp |
| **Yield:** | **324** g | |

| | 100 g |
|---|---|
| Protein | 12.1 |
| Digestible protein | 9.6 |
| Fats | 27 |
| Fiber | 1.5 |
| Net carbs | 3 |
| Calories | 327 kcal |
| **Indexes** | |
| Glycemic index | 4.8 |
| Glycemic load | 0.2 |
| Insulin index, II | **25.3** |
| Inflammatory index, DII | -0.05 |
| Antioxidant, ORAC | 1 241 |

## Cooking time, min

| | |
|---|---|
| **Mix** | 10 |
| **Bake in the oven** | 30 |
| Chill | 30 |
| Chill in the refrigerator | 1 h |
| | **40 min - 2 h 10 min** |

Start by mixing all the dry ingredients: **almond flour (80 g)**, **coconut flour (8 g)**, **baking powder (3 g)**, **salt (2 g)**, and **xanthan gum (0.5 g)** in a bowl until homogeneous.

Then in another bowl, combine all the wet components: **eggs (150 g, 3 pcs)** and **15% sour cream (80 g)**, mix thoroughly.

Next, combine both mixtures, gently stirring until you have a uniform dough.

Fill prepared molds with the dough, filling them up to 2/3 full.

Place the molds in a preheated oven and bake for 25-30 minutes until the buns are golden brown and spring back when touched. Baking temperature: **180°C**, top and bottom heating without convection.

After baking, immediately remove the buns from the molds and let them cool completely on a rack.

Place the cooled buns in the refrigerator for 1 hour for a better texture.

> The cooling and resting process of the buns is important for the even distribution of remaining moisture, which helps stabilize the texture.

## Substitution options

- **Baking powder without starch:** Cream of tartar - 2 parts tartar to 1 part baking soda. The mixture is completely gluten-free. The reaction is instant, so the dough needs to be baked immediately, otherwise the gas will escape.
- **Xanthan gum:** Psyllium - Take 2 times more than the comedy. First grind into powder. Psyllium holds 6 times more water and gives the bread a fibrous structure. Knead and let it sit for 10 minutes for hydration.

Digestion time: 4 hours

Complete protein: ✔

**Allowed on diets**

Keto, Paleo (Allowed on a non-strict version), Mediterranean (In moderate amounts), FODMAP (During the reintroduction phase), Low Lectin Diet (In a moderate version), Ketogenic Therapeutic

**Health benefits (10)**

- ✓ **Intimate health (circulation)**: E
- ✓ **Improving metabolism**: Fats
- ✓ **Photoprotection**: B7, E
- ✓ **Nervous system (stress support)**: B2
- ✓ **Women's health and hormonal balance**: Oleic acid (Omega-9)
- ✓ **Liver health**: B4 (Choline)
- ✓ **Lowering blood sugar**: Oleic acid (Omega-9)
- ✓ **Skin, hair and nails**: B7, E
- ✓ **Detoxification**: B4 (Choline)
- ✓ **Skin support**: B7, E

# Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: baking.

## Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Vitamin E | 40 | 43 | 40 | 43 | 40 | 43 | **85** | **92** | 6 | 6 | 2 | 2 |
| Copper | 34 | 37 | 34 | 37 | 30 | 32 | 69 | **75** | 20 | 22 | 10 | 11 |
| Phosphorus | 34 | 37 | 34 | 37 | 34 | 37 | 47 | 51 | 24 | 26 | 12 | 13 |
| Vitamin B2 | 34 | 37 | 40 | 43 | 31 | 33 | **73** | **79** | 15 | 16 | 1 | 1 |
| Selenium | 29 | 31 | 29 | 31 | 26 | 28 | 53 | 57 | 16 | 17 | 4 | 4 |
| Vitamin B7 | 29 | 31 | 29 | 31 | 25 | 27 | **73** | **79** | 4 | 4 | 1 | 1 |
| Manganese | 27 | 29 | 34 | 37 | 31 | 33 | 41 | 44 | 27 | 29 | 12 | 13 |
| Iron | 24 | 26 | 11 | 12 | 7 | 8 | 19 | 21 | 13 | 14 | 4 | 4 |
| Boron | 23 | 25 | 23 | 25 | 23 | 25 | 46 | 50 | | | 7 | 8 |
| Vitamin B4 (Choline) | 22 | 24 | 28 | 30 | 26 | 28 | 47 | 51 | 12 | 13 | 6 | 6 |
| Chlorine | 20 | 22 | 20 | 22 | 20 | 22 | 24 | 26 | 20 | 22 | 5 | 5 |
| Magnesium | 18 | 19 | 23 | 25 | 21 | 23 | 57 | 62 | 12 | 13 | 9 | 10 |
| Vitamin B12 | 18 | 19 | 18 | 19 | 17 | 18 | 16 | 17 | 15 | 16 | 1 | 1 |
| Vitamin B5 | 15 | 16 | 15 | 16 | 13 | 14 | 26 | 28 | 8 | 9 | 1 | 1 |
| Zinc | 14 | 15 | 19 | 21 | 14 | 15 | 30 | 32 | 3 | 3 | 3 | 3 |
| Sodium | 14 | 15 | 14 | 15 | 14 | 15 | 26 | 28 | 13 | 14 | 6 | 6 |
| Calcium | 12 | 13 | 12 | 13 | 12 | 13 | 12 | 13 | 12 | 13 | 10 | 11 |
| Probiotics | 11 | 12 | 11 | 12 | 11 | 12 | 22 | 24 | | | 2 | 2 |
| Coenzyme Q10 | 9 | 10 | 9 | 10 | 9 | 10 | 28 | 30 | 3 | 3 | 1 | 1 |
| Potassium | 8 | 9 | 11 | 12 | 10 | 11 | 12 | 13 | 7 | 8 | 6 | 6 |
| Iodine | 8 | 9 | 8 | 9 | 5 | 5 | 13 | 14 | 6 | 6 | 1 | 1 |
| Vitamin B6 | 7 | 8 | 7 | 8 | 5 | 5 | 16 | 17 | 3 | 3 | 1 | 1 |
| Vitamin B1 | 7 | 8 | 8 | 9 | 6 | 6 | 14 | 15 | 4 | 4 | 1 | 1 |
| Fibers | 7 | 8 | 11 | 12 | 10 | 11 | 11 | 12 | | | 7 | 8 |
| Vitamin B9 | 5 | 5 | 5 | 5 | 3 | 3 | 10 | 11 | 5 | 5 | 2 | 2 |
| Vitamin B3 | 5 | 5 | 6 | 6 | 5 | 5 | 10 | 11 | 4 | 4 | 1 | 1 |

## Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Cholesterol | **96** | **104** | **96** | **104** | **96** | **104** | **385** | **416** | | | **193** | **208** |
| Oleic acid (Omega-9) | 51 | 55 | 64 | **69** | 58 | 63 | **92** | **99** | | | **71** | **77** |
| Arachidonic acid (AA, Omega-6) | 18 | 19 | 53 | 57 | 35 | 38 | **106** | **114** | | | 11 | 12 |
| Linoleic acid (Omega-6) | 17 | 18 | 23 | 25 | 22 | 24 | 40 | 43 | | | 47 | 51 |
| Palmitic acid (Saturated) | 12 | 13 | 12 | 13 | 12 | 13 | 18 | 19 | | | 23 | 25 |

# Almond buns on egg whites

Breads and baked goods

A source of protein and healthy fats, these almond buns help maintain blood sugar levels due to their low glycemic index. Their tender texture and nutty flavor make them an excellent addition to a keto diet.

**Equipment:**

Mixer

**Servings: 6** (**1 serving** ≈ 89 grams)
**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| **Water** | 225 | |
| **Almond flour** | 150 | |
| **Egg white** | 99 | 3 pcs |
| **Psyllium** ↺ | 36 | 3 tbsp |
| **Apple cider vinegar** | 10 | 2 tsp |
| **Baking powder without starch** ↺ | 8 | 2 tsp |
| **Cooking salt** | 6 | 1 tsp |
| **Optional ingredients:** | | |
| **Sesame** | 18 | 2 tbsp |
| **Yield:** | **534** g | |

| | 100 g |
|---|---|
| Protein | 8.6 |
| Digestible protein | 5.7 |
| Fats | 15.5 |
| Fiber | 6.2 |
| Net carbs | 3.7 |
| Calories | 214 kcal |
| **Indexes** | |
| Glycemic index | 4.2 |
| Glycemic load | 0.2 |
| Insulin index, II | **17.1** |
| Inflammatory index, DII | -0.15 |
| Antioxidant, ORAC | 1 270 |

## Cooking time, min

| | |
|---|---|
| **Bring to a boil** | 5 |
| **Mix dry ingredients** | 5 |
| **Beat with a mixer** | 1 |
| **Preparation** | 5 |
| **Bake** | 1 h |
| | **1 h 16 min** |

Preheat the oven to 175°C.

In a deep bowl, mix all the dry ingredients:

- Psyllium (3 tbsp);

- Almond flour (150 g);
- Baking powder (2 tsp);
- Salt (1 tsp).

After that, bring the water (225 ml) to a boil.

When the water boils, add apple cider vinegar (2 tsp) and egg whites (3 pcs.) to the dry ingredients.

Thoroughly mix the mixture using a hand mixer or whisk for about 30 seconds. Gradually pour in the boiling water, but do not beat the dough too long — it should have a consistency similar to that of plasticine.

Now, moisten your fingers with olive oil and shape the dough into six separate rolls. Place them on a greased baking sheet and, if desired, sprinkle with sesame seeds (2 tbsp).

Place the rolls in the oven on the bottom rack and bake for 50-60 minutes.

> You can determine readiness by the hollow sound the rolls make when tapped on the bottom.

## Substitution options

- **Psyllium:** Guar gum - You need to use half as much as psyllium. Plus, add 10% water. Guar thickens more; increasing the water will keep the dough elastic. The crust of the bread darkens less., Chia seeds - 0.8 parts of seeds (ground) plus 2 parts of water. Chia forms a gel from soluble fiber and retains moisture. The bread becomes more moist, the crust darkens faster — reduce the baking temperature by 5 °C.
- **Baking powder without starch:** Cream of tartar - 2 parts tartar to 1 part baking soda. The mixture is completely gluten-free. The reaction is instant, so the dough needs to be baked immediately, otherwise the gas will escape.

Digestion time: 3 hours

Complete protein: ✔

**Allowed on diets**

Keto, Paleo (Allowed on a non-strict version), Mediterranean (In moderate amounts), Anti-Candida (ACP), FODMAP (During the reintroduction phase), DASH (In a light version), Low Lectin Diet, Gluten-free Casein-free (GFCF), Specific Carbohydrate Diet (SCD) (In the expanded version), Ketogenic Therapeutic

**Health benefits (4)**

✓ **Intimate health (circulation)**: E

✓ **Photoprotection**: E

✓ **Skin, hair and nails**: E

✓ **Skin support**: E

# Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: baking.

## Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Vitamin E | 41 | 36 | 41 | 36 | 41 | 36 | **87** | **77** | 6 | 5 | 2 | 2 |
| Copper | 36 | 32 | 36 | 32 | 32 | 28 | **73** | 65 | 21 | 19 | 11 | 10 |
| Chlorine | 29 | 26 | 29 | 26 | 29 | 26 | 35 | 31 | 29 | 26 | 7 | 6 |
| Manganese | 28 | 25 | 36 | 32 | 32 | 28 | 43 | 38 | 28 | 25 | 13 | 12 |
| Boron | 26 | 23 | 26 | 23 | 26 | 23 | 53 | 47 | | | 8 | 7 |
| Vitamin B2 | 22 | 20 | 26 | 23 | 20 | 18 | 47 | 42 | 9 | 8 | 1 | 1 |
| Fibers | 22 | 20 | 33 | 29 | 29 | 26 | 33 | 29 | | | 21 | 19 |
| Sodium | 20 | 18 | 20 | 18 | 20 | 18 | 39 | 35 | 19 | 17 | 9 | 8 |
| Phosphorus | 20 | 18 | 20 | 18 | 20 | 18 | 28 | 25 | 14 | 12 | 7 | 6 |
| Magnesium | 19 | 17 | 24 | 21 | 22 | 20 | 60 | 53 | 13 | 12 | 10 | 9 |
| Iron | 15 | 13 | 7 | 6 | 4 | 4 | 12 | 11 | 8 | 7 | 2 | 2 |
| Selenium | 12 | 11 | 12 | 11 | 11 | 10 | 21 | 19 | 6 | 5 | 2 | 2 |
| Zinc | 8 | 7 | 12 | 11 | 8 | 7 | 19 | 17 | 2 | 2 | 2 | 2 |
| Calcium | 8 | 7 | 8 | 7 | 8 | 7 | 8 | 7 | 8 | 7 | 6 | 5 |
| Vitamin B7 | 8 | 7 | 8 | 7 | 7 | 6 | 21 | 19 | 1 | 1 | 1 | 1 |
| Potassium | 7 | 6 | 9 | 8 | 8 | 7 | 10 | 9 | 6 | 5 | 5 | 4 |
| Vitamin B3 | 5 | 4 | 6 | 5 | 5 | 4 | 11 | 10 | 4 | 4 | 1 | 1 |

## Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Cholesterol | 34 | 30 | 34 | 30 | 34 | 30 | **138** | **123** | | | 69 | 61 |
| Linoleic acid (Omega-6) | 19 | 17 | 27 | 24 | 25 | 22 | 46 | 41 | | | 53 | 47 |
| Oleic acid (Omega-9) | 15 | 13 | 19 | 17 | 17 | 15 | 27 | 24 | | | 21 | 19 |

# Almond flour pancakes

Breads and baked goods

A source of healthy fats and protein, these almond flour pancakes are low in carbohydrates and high in fiber. Their delicate texture and nutty flavor make them perfect for breakfast or a snack.

**Equipment:**

Blender

**Servings: 3** (**1 serving** ≈ 206 grams)
**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| **Water** | 250 | |
| **Egg** | 200 | 4 pcs |
| **Almond flour** | 120 | |
| **Coconut oil** | 30 | 2 tbsp |
| **Gelatin** ↺ | 18 | 2 tbsp |
| **Sea salt** | 1 | 1/8 tsp |
| **Yield:** | **619** g | |

| | 100 g |
|---|---|
| Protein | 10.8 |
| Digestible protein | 6.6 |
| Fats | 18.6 |
| Fiber | 1 |
| Net carbs | 1.2 |
| Calories | 222 kcal |
| **Indexes** | |
| Glycemic index | 2.9 |
| Glycemic load | 0.1 |
| Insulin index, II | **15.5** |
| Inflammatory index, DII | -0.08 |
| Antioxidant, ORAC | 961 |

## Cooking time, min

| | |
|---|---|
| **Let stand** | 10 |
| **Water bath** | 5 |
| **Blend** | 5 |
| **Fry** | 20 |
| | **40 min** |

Place the gelatin (18 g) in a bowl and pour **125 ml** of water over it. Let it sit for a while to allow the gelatin to swell.

Melt **2 tbsp.** of coconut oil.

In a blender, combine almond flour (120 g), sea or pink Himalayan salt (1/4 tsp.), eggs (4 pcs.), melted coconut oil, and the remaining water (125 ml).

If desired, you can add a sweetener and a little vanilla.

Add the swollen gelatin mixture to the blender and blend all the ingredients thoroughly until smooth.

If the batter is too thick, dilute it with a little water.

Grease a pan with a little oil and heat it over medium heat.

Pour a portion of the batter into the pan and tilt it to spread the batter evenly across the surface, forming a thin layer.

Cook the pancake for about **1-2 minutes**, then carefully flip it and cook for another minute on the other side.

Repeat the process until you have used all the batter.

## Substitution options

- **Gelatin:** Agar-agar - 1 g of gelatin is equivalent to 0.4 g of agar. Agar sets at room temperature and does not melt until 80 °C, so the soufflé will be denser. For creams, add agar to hot liquid and boil for 1 minute.

Digestion time: 3 hours

Complete protein: ✔

**Allowed on diets**

Keto, Paleo (Allowed on a non-strict version), Mediterranean (In moderate amounts), Anti-Candida (ACP), FODMAP (During the reintroduction phase), Low Lectin Diet, Gluten-free Casein-free (GFCF), Specific Carbohydrate Diet (SCD) (In the expanded version), Ketogenic Therapeutic

**Health benefits (8)**

✓ **Intimate health (circulation)**: E

✓ **Photoprotection**: Collagen, E

✓ **Strong joints and bones**: Collagen

✓ **Women's health and hormonal balance**: Oleic acid (Omega-9)

✓ **Lowering blood sugar**: Oleic acid (Omega-9)

✓ **Skin, hair and nails**: Collagen, E

✓ **Sleep and relaxation**: Tryptophan

✓ **Skin support**: Collagen, E

# Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: frying.

## Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Collagen | **99** | **204** | **99** | **204** | **99** | **204** | **99** | **204** | 49 | **101** | 16 | 33 |
| Vitamin E | 28 | 58 | 28 | 58 | 28 | 58 | 61 | **126** | 4 | 8 | 2 | 4 |
| Copper | 26 | 54 | 26 | 54 | 23 | 47 | 53 | **109** | 16 | 33 | 8 | 16 |
| Phosphorus | 22 | 45 | 22 | 45 | 22 | 45 | 31 | 64 | 16 | 33 | 8 | 16 |
| Vitamin B2 | 21 | 43 | 25 | 52 | 20 | 41 | 46 | **95** | 9 | 19 | 1 | 2 |
| Manganese | 20 | 41 | 25 | 52 | 23 | 47 | 30 | 62 | 20 | 41 | 9 | 19 |
| Selenium | 19 | 39 | 19 | 39 | 17 | 35 | 35 | **72** | 10 | 21 | 3 | 6 |
| Vitamin B7 | 19 | 39 | 19 | 39 | 17 | 35 | 48 | **99** | 2 | 4 | 1 | 2 |
| Boron | 18 | 37 | 18 | 37 | 18 | 37 | 36 | **74** | | | 5 | 10 |
| Iron | 17 | 35 | 8 | 16 | 5 | 10 | 14 | 29 | 9 | 19 | 3 | 6 |
| Vitamin B4 (Choline) | 13 | 27 | 16 | 33 | 15 | 31 | 28 | 58 | 7 | 14 | 3 | 6 |
| Magnesium | 13 | 27 | 17 | 35 | 15 | 31 | 43 | **89** | 9 | 19 | 7 | 14 |
| Zinc | 10 | 21 | 13 | 27 | 10 | 21 | 21 | 43 | 2 | 4 | 2 | 4 |
| Vitamin B12 | 10 | 21 | 10 | 21 | 9 | 19 | 8 | 16 | 8 | 16 | 1 | 2 |
| Vitamin B5 | 8 | 16 | 8 | 16 | 7 | 14 | 13 | 27 | 4 | 8 | 1 | 2 |
| Calcium | 7 | 14 | 7 | 14 | 7 | 14 | 7 | 14 | 7 | 14 | 6 | 12 |
| Chlorine | 7 | 14 | 7 | 14 | 7 | 14 | 8 | 16 | 7 | 14 | 2 | 4 |
| Coenzyme Q10 | 6 | 12 | 6 | 12 | 6 | 12 | 18 | 37 | 2 | 4 | 1 | 2 |
| Potassium | 5 | 10 | 7 | 14 | 6 | 12 | 8 | 16 | 5 | 10 | 4 | 8 |
| Vitamin B6 | 5 | 10 | 5 | 10 | 3 | 6 | 10 | 21 | 2 | 4 | 1 | 2 |
| Vitamin B1 | 5 | 10 | 5 | 10 | 4 | 8 | 9 | 19 | 3 | 6 | 1 | 2 |
| Iodine | 5 | 10 | 5 | 10 | 4 | 8 | 9 | 19 | 4 | 8 | 1 | 2 |
| Sodium | 5 | 10 | 5 | 10 | 5 | 10 | 9 | 19 | 4 | 8 | 2 | 4 |
| Fibers | 5 | 10 | 8 | 16 | 7 | 14 | 8 | 16 | | | 5 | 10 |

## Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Cholesterol | 60 | **124** | 60 | **124** | 60 | **124** | **241** | **496** | | | **121** | **249** |
| Oleic acid (Omega-9) | 41 | **84** | 51 | **105** | 46 | **95** | **73** | **150** | | | 56 | **115** |
| Palmitic acid (Saturated) | 22 | 45 | 22 | 45 | 22 | 45 | 34 | **70** | | | 45 | **93** |
| Arachidonic acid (AA, Omega-6) | 12 | 25 | 35 | **72** | 23 | 47 | **70** | **144** | | | 7 | 14 |
| Linoleic acid (Omega-6) | 12 | 25 | 16 | 33 | 15 | 31 | 28 | 58 | | | 33 | 68 |

# Almond meal crackers

Breads and baked goods

A source of protein and healthy fats, these crispbreads are rich in fiber and antioxidants thanks to flaxseed flour and almond meal. Their aromatic Provençal herbs give the dish a rich flavor, perfectly suited for a keto diet.

**Equipment:**

Oven

**Servings: 4** (**1 serving** ≈ 62 grams)
**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| Almond pulp | 200 | |
| Ghee butter | 20 | 1.3 tbsp |
| Flaxseed flour ↺ | 16 | 1.5 tbsp |
| Herbs de Provence ↺ | 10 | 2.2 tbsp |
| Cooking salt | 2 | 1/3 tsp |
| **Yield:** | **248** g | |

| | 100 g |
|---|---|
| Protein | 19.3 |
| Digestible protein | 10.5 |
| Fats | 35.1 |
| Fiber | 8.9 |
| Net carbs | 7.5 |
| Calories | 607 kcal |
| **Indexes** | |
| Glycemic index | 1 |
| Glycemic load | 0 |
| Insulin index, II | **17** |
| Inflammatory index, DII | -0.38 |
| Antioxidant, ORAC | 7 879 |

## Cooking time, min

| | |
|---|---|
| **Mix** | 10 |
| **Knead the dough** | 5 |
| **Bake in the oven** | 1 h |
| | **1 h 15 min** |

Place the wet almond meal (200 g) in a suitable container. Add flaxseed meal (1.5 tbsp) and sprinkle a pinch of salt (2 g) on top.

> If you are using dry meal, mix the flaxseed meal with a small amount of water.
>
> If you don’t have flaxseed meal, you can use ground chia seeds or psyllium.

Then add a bit of ghee (20 g) and herbes de Provence (10 g).

> Instead of herbes de Provence, you can use dried basil or oregano.

Mix all the ingredients thoroughly by hand until you achieve a homogeneous mass.

After that, place the dough between two sheets of parchment paper and roll it out. The thinner we roll the dough, the faster the crackers will bake.

After rolling, cut the resulting layer of dough into pieces of any shape and size.

Send the crackers to the oven (without the top sheet of parchment), preheated to 130 degrees, for about an hour, until a golden crust appears.

## Substitution options

- **Flaxseed flour:** Chia seeds - In the form of flour. Chia forms a comparable gel of omega fats and protein. In the dough, add +2% water and let it sit for 10 minutes for hydration.
- **Herbs de Provence:** Thyme - Plus oregano in equal proportion. These two Mediterranean herbs cover the main essences of the finished blend; if desired, add a pinch of rosemary.

Digestion time: 2 hours

**Allowed on diets**

Keto, Paleo (Allowed on a non-strict version), Mediterranean (In moderate amounts), Anti-Candida (ACP), FODMAP, Low Lectin Diet (In a moderate version), Low Histamine Diet (In a moderate version), Gluten-free Casein-free (GFCF), Ketogenic Therapeutic

**Health benefits (9)**

✓ **Intimate health (circulation)**: Potassium

✓ **Improving metabolism**: Fats

✓ **Improving brain function and memory**: Magnesium

✓ **Heart and vascular health**: Potassium, Magnesium

✓ **Nervous system (stress support)**: Magnesium

✓ **Women’s health and hormonal balance**: Oleic acid (Omega-9), Phytoestrogens

✓ **Men’s strength and endurance**: Arginine

✓ **Lowering blood sugar**: Zinc, Oleic acid (Omega-9)

✓ **Sleep and relaxation**: Magnesium

# Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: baking.

## Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Phytoestrogens | **1 170** | **725** | **702** | **435** | **702** | **435** | **17 544** | **10 877** | **702** | **435** | **117** | **73** |
| Manganese | **132** | **82** | **168** | **104** | **151** | **94** | **202** | **125** | **132** | **82** | 61 | 38 |
| Copper | **97** | 60 | **97** | 60 | **88** | 55 | **199** | **123** | 58 | 36 | 29 | 18 |
| Phosphorus | 64 | 40 | 64 | 40 | 64 | 40 | **89** | 55 | 44 | 27 | 22 | 14 |
| Magnesium | 58 | 36 | **77** | 48 | 68 | 42 | **189** | **117** | 41 | 25 | 31 | 19 |
| Iron | 42 | 26 | 19 | 12 | 12 | 7 | 34 | 21 | 22 | 14 | 7 | 4 |
| Fibers | 28 | 17 | 42 | 26 | 38 | 24 | 42 | 26 | | | 26 | 16 |
| Zinc | 27 | 17 | 37 | 23 | 27 | 17 | 59 | 37 | 6 | 4 | 6 | 4 |
| Vitamin A | 24 | 15 | 31 | 19 | 28 | 17 | 54 | 33 | 14 | 9 | 14 | 9 |
| Calcium | 23 | 14 | 23 | 14 | 23 | 14 | 23 | 14 | 23 | 14 | 19 | 12 |
| Chlorine | 21 | 13 | 21 | 13 | 21 | 13 | 26 | 16 | 21 | 13 | 5 | 3 |
| Potassium | 18 | 11 | 24 | 15 | 21 | 13 | 27 | 17 | 16 | 10 | 12 | 7 |
| Boron | 15 | 9 | 15 | 9 | 15 | 9 | 31 | 19 | | | 5 | 3 |
| Prebiotics | 15 | 9 | 15 | 9 | 15 | 9 | 30 | 19 | | | 15 | 9 |
| Sodium | 14 | 9 | 14 | 9 | 14 | 9 | 26 | 16 | 13 | 8 | 6 | 4 |
| Vitamin B6 | 13 | 8 | 13 | 8 | 9 | 6 | 27 | 17 | 5 | 3 | 1 | 1 |
| Vitamin B2 | 9 | 6 | 10 | 6 | 8 | 5 | 19 | 12 | 4 | 2 | 1 | 1 |
| Vitamin B9 | 9 | 6 | 9 | 6 | 6 | 4 | 17 | 11 | 9 | 6 | 3 | 2 |
| Vitamin B1 | 8 | 5 | 9 | 6 | 7 | 4 | 16 | 10 | 5 | 3 | 1 | 1 |
| Vitamin B4 (Choline) | 7 | 4 | 9 | 6 | 9 | 6 | 16 | 10 | 4 | 2 | 2 | 1 |
| Selenium | 7 | 4 | 7 | 4 | 6 | 4 | 12 | 7 | 4 | 2 | 1 | 1 |
| Vitamin B3 | 6 | 4 | 7 | 4 | 6 | 4 | 12 | 7 | 5 | 3 | 1 | 1 |
| Vitamin B5 | 5 | 3 | 5 | 3 | 4 | 2 | 8 | 5 | 2 | 1 | 1 | 1 |

## Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Cholesterol | **87** | 54 | **87** | 54 | **87** | 54 | **347** | **215** | | | **173** | **107** |
| Alpha-linolenic acid (Omega-3) | **74** | 46 | **107** | 66 | **84** | 52 | **131** | **81** | 59 | 37 | 39 | 24 |
| Linoleic acid (Omega-6) | 57 | 35 | **80** | 50 | **74** | 46 | **137** | **85** | | | **160** | **99** |
| Palmitic acid (Saturated) | 35 | 22 | 35 | 22 | 35 | 22 | 54 | 33 | | | **70** | 43 |
| Oleic acid (Omega-9) | 32 | 20 | 40 | 25 | 36 | 22 | 57 | 35 | | | 44 | 27 |
| Stearic acid (Saturated) | 20 | 12 | 25 | 16 | 25 | 16 | 33 | 20 | | | 50 | 31 |

# Drinks

# Almond cocoa

Drinks

A source of healthy fats and antioxidants, this dish supports energy levels and enhances mood. The delicate taste of chocolate with hints of vanilla and cinnamon makes it perfect for a keto dessert.

**Equipment:**

Mixer

**Servings: 4** (**1 serving** ≈ 188 grams)
**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| **Almond milk (unsweetened)** | 360 | |
| **Cream** | 340 | |
| **Stevia** | 28 | 1.9 tbsp |
| **Cocoa powder** | 22.5 | 3 tbsp |
| **Vanilla** | 2 | 1 tsp |
| **Cinnamon** | 1.3 | 1/2 tsp |
| **Optional ingredients:** | | |
| **Stevia** | 1 | 1/8 tsp |
| **Yield:** | **754** g | |

| | 100 g |
|---|---|
| Protein | 2.1 |
| Digestible protein | 0.4 |
| Fats | 16.7 |
| Fiber | 1.2 |
| Net carbs | 2.3 |
| Calories | 166 kcal |
| **Indexes** | |
| Glycemic index | 12.5 |
| Glycemic load | 0.6 |
| Insulin index, II | **19.5** |
| Inflammatory index, DII | -0.12 |
| Antioxidant, ORAC | 3 197 |

## Cooking time, min

| | |
|---|---|
| **Heat on the stove** | 5 |
| **Mix** | 3 |
| **Beat with a mixer** | 4 |
| Preparation | 1 |
| | **12 min - 13 min** |

Pour 240 ml of heavy cream (35%) and 360 ml of almond milk into a saucepan. Place it over medium heat to warm the mixture, but do not bring it to a boil.

Add 3 tablespoons of unsweetened cocoa powder and stir thoroughly until completely smooth.

Once all the ingredients are well combined, add 1 teaspoon of vanilla for flavor.

In a separate bowl, whip 100 ml of cream until peaks form. Add stevia to taste and whip a little more.

Before serving, place a spoonful of whipped cream on top of your almond cocoa and sprinkle everything with a pinch of ground cinnamon.

If desired, you can also add a sweetener to the cocoa itself to taste.

Fasting (IF): not allowed

Digestion time: 3 hours

**Allowed on diets**

Keto, Paleo (Allowed on a non-strict version), Anti-Candida (ACP) (In a moderate version), FODMAP, Low Lectin Diet (In a moderate version), Specific Carbohydrate Diet (SCD) (In the expanded version), Ketogenic Therapeutic

**Health benefits (1)**

✓ **Boosting immunity**: A

## Nutrients, % of the recommended daily intake

### Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Vitamin A | 51 | **96** | 66 | **124** | 60 | **113** | **115** | **216** | 31 | 58 | 31 | 58 |
| Vitamin E | 22 | 41 | 22 | 41 | 22 | 41 | 47 | **88** | 3 | 6 | 1 | 2 |
| Vitamin B2 | 19 | 36 | 22 | 41 | 17 | 32 | 40 | **75** | 8 | 15 | 1 | 2 |
| Calcium | 12 | 23 | 12 | 23 | 12 | 23 | 12 | 23 | 12 | 23 | 10 | 19 |
| Fluorine | 10 | 19 | 10 | 19 | 10 | 19 | 41 | **77** | | | 10 | 19 |
| Vitamin D | 9 | 17 | 9 | 17 | 9 | 17 | 9 | 17 | 1 | 2 | 1 | 2 |
| Iron | 7 | 13 | 3 | 6 | 2 | 4 | 6 | 11 | 4 | 8 | 1 | 2 |
| Phosphorus | 7 | 13 | 7 | 13 | 7 | 13 | 10 | 19 | 5 | 9 | 2 | 4 |
| Vitamin B12 | 6 | 11 | 6 | 11 | 5 | 9 | 5 | 9 | 5 | 9 | 1 | 2 |
| Manganese | 6 | 11 | 8 | 15 | 7 | 13 | 10 | 19 | 6 | 11 | 3 | 6 |
| Potassium | 5 | 9 | 7 | 13 | 6 | 11 | 8 | 15 | 4 | 8 | 3 | 6 |

### Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Palmitic acid (Saturated) | 68 | **128** | 68 | **128** | 68 | **128** | **104** | **196** | | | **135** | **254** |
| Cholesterol | 18 | 34 | 18 | 34 | 18 | 34 | **72** | **135** | | | 36 | 68 |
| Oleic acid (Omega-9) | 13 | 24 | 17 | 32 | 15 | 28 | 24 | 45 | | | 18 | 34 |
| Alpha-linolenic acid (Omega-3) | 10 | 19 | 15 | 28 | 12 | 23 | 18 | 34 | 8 | 15 | 5 | 9 |

# Almond milk

Drinks

A source of healthy fats and vitamins, almond milk has a low carbohydrate content and a sweet taste thanks to stevia. Perfect for a keto diet and maintaining health.

**Servings: 3** (**1 serving ≈** 250 grams)
**Difficulty:** very easy

Vegan dishes

| Ingredient | Amount, g | |
|---|---|---|
| **Water** | 750 | |
| **Almond** | 150 | |
| **Stevia** | 15 | 1 tbsp |
| **Himalayan salt** | 1 | 1/8 tsp |
| **Optional ingredients:** | | |
| **Vanilla** | to taste | |
| **Yield:** | **750** g | |

| | 100 g |
|---|---|
| Protein | 1.2 |
| Fats | 2.7 |
| Fiber | 0.7 |
| Net carbs | 0.5 |
| Calories | 32 kcal |
| **Indexes** | |
| Glycemic index | 2.2 |
| Glycemic load | 0.2 |
| Insulin index, II | **1.6** |
| Inflammatory index, DII | -0.04 |
| Antioxidant, ORAC | 891 |

## Cooking time, min

| | |
|---|---|
| **Let stand** | 8 h |
| Preparation | 15 |
| | **8 h - 8 h 15 min** |

To prepare almond milk you will need:

- 150 g of almonds;
- water for soaking;
- 750 ml of water for making;
- a pinch of salt;
- a sweetener if desired: liquid stevia or powder, erythritol.

Soak the almonds in clean or boiled water overnight. This will help soften the nuts and improve the consistency of the milk.

After soaking, rinse the almonds thoroughly under running water and drain the water.

If the almonds are not blanched, remove their skins.

Transfer the almonds to a powerful blender and add 750 ml of fresh water.

Add a pinch of salt and, if desired, a sweetener.

Blend the almonds with water on high speed until smooth, about 1-2 minutes.

Place cheesecloth or a fine sieve over a deep bowl or pot and carefully strain the almond mixture.

Squeeze the remaining liquid from the almonds to get as much milk as possible.

Pour the almond milk into a bottle or airtight container and store in the refrigerator for up to 5 days.

**Tip:** Do not throw away the leftover almond pulp after straining – it can be used as an ingredient for baking or added to porridge and smoothies.

Fasting (IF): not allowed

Digestion time: 2 hours

**Allowed on diets**

Keto, Paleo (Allowed on a non-strict version), Mediterranean (In moderate amounts), Anti-Candida (ACP) (In a moderate version), FODMAP (During the reintroduction phase), DASH (In a light version), Low Lectin Diet (In a moderate version), Gluten-free Casein-free (GFCF), Specific Carbohydrate Diet (SCD) (In the expanded version), Ketogenic Therapeutic, FMD

**Health benefits (5)**

✓ **Intimate health (circulation)**: E

✓ **Photoprotection**: E

✓ **Women's health and hormonal balance**: Oleic acid (Omega-9)

✓ **Skin, hair and nails**: E

✓ **Skin support**: E

## Nutrients, % of the recommended daily intake

### Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Vitamin E | 42 | **105** | 42 | **105** | 42 | **105** | **90** | **225** | 6 | 15 | 2 | 5 |
| Calcium | 18 | 45 | 18 | 45 | 18 | 45 | 18 | 45 | 18 | 45 | 15 | 38 |
| Vitamin B2 | 5 | 13 | 6 | 15 | 5 | 13 | 11 | 28 | 2 | 5 | 1 | 3 |
| Vitamin A | 5 | 13 | 6 | 15 | 5 | 13 | 10 | 25 | 3 | 8 | 3 | 8 |

# Armor-piercing cocoa

Drinks

A source of healthy fats and antioxidants, this dish supports energy levels and enhances cognitive functions. The delicate chocolate flavor makes it perfect for a keto diet.

**Difficulty:** easy

Vegan dishes

| Ingredient | Amount, g | |
|---|---|---|
| Almond milk (unsweetened) | 240 | |
| Cocoa powder | 5 | 2 tsp |
| MCT oil ↺ | 5 | 1 tsp |
| Coconut oil | 2.5 | 1/2 tsp |
| **Optional ingredients:** | | |
| Coconut milk (unsweetened) | 240 | 240 |
| **Yield:** | **253** g | |

| | 100 g |
|---|---|
| Protein | 0.9 |
| Digestible protein | 0.3 |
| Fats | 4.3 |
| Fiber | 0.7 |
| Net carbs | 0.9 |
| Calories | 43 kcal |
| **Indexes** | |
| Glycemic index | 24.2 |
| Glycemic load | 1 |
| Insulin index, II | **28.9** |
| Inflammatory index, DII | -0.29 |
| Antioxidant, ORAC | 1 602 |

## Cooking time, min

| | |
|---|---|
| **Heat on the stove** | 5 |
| **Mix** | 3 |
| | **8 min** |

Heat the plant-based milk (coconut or almond) (240 ml) in a small saucepan or microwave until warm.

Add unsweetened cocoa powder (2 tsp) to the milk and mix thoroughly.

Incorporate coconut oil (1/2 tsp) and MCT oil (1 tsp) into the mixture. Optionally, add a sweetener to taste. Continue stirring until the oil is completely dissolved in the drink.

## Substitution options

- **MCT oil:** Coconut oil - The profile of medium-chain fats is similar, but the melting temperature is higher — in glazes and chocolate, the mass solidifies more slowly.

Fasting (IF): not allowed

Digestion time: 3 hours

### Allowed on diets

Keto, Paleo (Allowed on a non-strict version), Mediterranean (In moderate amounts), Anti-Candida (ACP) (In a moderate version), FODMAP, Low Lectin Diet (In a moderate version), Gluten-free Casein-free (GFCF), Specific Carbohydrate Diet (SCD) (In the expanded version), Ketogenic Therapeutic, FMD

### Health benefits (5)

✓ **Intimate health (circulation)**: E

✓ **Skin support**: E

✓ **Photoprotection**: E

✓ **Women's health and hormonal balance**: Oleic acid (Omega-9)

✓ **Skin, hair and nails**: E

## Nutrients, % of the recommended daily intake

### Minerals, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Vitamin E | 40 | 40 | 40 | **86** | 6 | 2 |
| Calcium | 18 | 18 | 18 | 18 | 18 | 15 |
| Iron | 7 | 3 | 2 | 5 | 4 | 1 |
| Vitamin B2 | 5 | 6 | 5 | 11 | 2 | 1 |

### Lipids, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Oleic acid (Omega-9) | 26 | 33 | 30 | 47 | | 36 |

# Armor-piercing coffee

Drinks

A source of healthy fats and antioxidants, this drink helps boost energy and improve concentration. Its creamy texture and rich flavor make it ideal for a keto diet.

**Difficulty:** very easy

| Ingredient | Amount, g | |
|---|---|---|
| Coffee | 240 | |
| Butter | 15 | 1 tbsp |
| MCT oil ↺ | 15 | 1 tbsp |
| **Yield:** | **270** g | |

| | 100 g |
|---|---|
| Protein | 0.1 |
| Fats | 10.2 |
| Fiber | 0 |
| Net carbs | 0 |
| Calories | 92 kcal |
| **Indexes** | |
| Glycemic index | 0 |
| Glycemic load | 0 |
| Insulin index, II | **1.1** |
| Inflammatory index, DII | -0.35 |
| Antioxidant, ORAC | 2 222 |

## Cooking time, min

| | |
|---|---|
| **Bring to a boil** | 5 |
| Blend | 2 |
| | **5 min - 7 min** |

Bulletproof Coffee is a unique drink that has gained popularity among followers of the keto diet and proponents of intermittent fasting.

This coffee, developed by Dave Asprey, combines black coffee, unsalted butter (or ghee) and MCT oil.

To prepare this drink, brew a cup of black coffee.

Then add 1 tablespoon of unsalted butter.

> Or use ghee if you prefer a milder taste.

After that, add 1 tablespoon of MCT oil.

Blend all ingredients well in a blender until you achieve a smooth and creamy consistency.

Bulletproof coffee is usually served hot.

## Health Benefits

Due to its high content of saturated fats, this coffee provides a lasting feeling of fullness and stable energy levels without sharp fluctuations in blood sugar.

The fats from the butter and MCT oil promote a state of ketosis, helping the body use fats as a primary source of energy.

Many people report improved cognitive functions and mental clarity after consuming Bulletproof coffee.

## Consumption During Intermittent Fasting

From the perspective of classical fasting, any amount of calories (even from fats) can interrupt the fasting process, especially if the goal is to keep insulin levels at a minimum.

However, since Bulletproof coffee contains only fats, it does not cause a significant insulin spike and can help maintain a state of ketosis.

Many supporters of the keto diet and intermittent fasting believe that this coffee does not violate the fundamental principles of fasting and can even help prolong feelings of fullness and improve concentration.

Thus, it is often used as an «allowed» aid during fasting, especially if the goal is to maintain ketosis and stabilize energy levels.

If strict fasting is important to you, it’s better to avoid any caloric beverages. However, if the goal is to maintain ketosis and energy, Bulletproof coffee may be a suitable option.

### Substitution options

- **MCT oil:** Coconut oil - The profile of medium-chain fats is similar, but the melting temperature is higher — in glazes and chocolate, the mass solidifies more slowly.

Fasting (IF): allowed

Digestion time: 3 hours

**Allowed on diets**

Keto, Paleo (Allowed on a non-strict version), Mediterranean (In moderate amounts), FODMAP, Low Lectin Diet (In a moderate version), Specific Carbohydrate Diet (SCD) (In the expanded version), Ketogenic Therapeutic

# Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: boiling/stewing.

## Minerals, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Iron | 41 | 18 | 12 | 33 | 22 | 7 |
| Molybdenum | 20 | 20 | 18 | 40 | | 2 |
| Vitamin B2 | 10 | 11 | 9 | 21 | 4 | 1 |
| Flavonoids | 10 | 8 | 8 | 14 | | 1 |
| Selenium | 9 | 9 | 8 | 17 | 5 | 1 |
| Chrome | 5 | 6 | 5 | 11 | | 1 |

# Porridges and side dishes

# Almond porridge

Porridges and side dishes

A source of healthy fats and fiber, almond porridge promotes digestion and helps maintain blood sugar levels. The sweetness of stevia and the aroma of cinnamon make the dish delicious and nutritious.

**Difficulty:** easy

Vegan dishes

| Ingredient | Amount, g | |
|---|---|---|
| **Coconut milk (unsweetened)** | 160 | |
| **Almond flour** | 50 | 4.2 tbsp |
| **Stevia** | 5 | 1 tsp |
| **Sea salt** | 0.5 | 1/8 tsp |
| **Cinnamon** | 0.3 | 1/8 tsp |
| **Yield:** | **216** g | |

| | 100 g |
|---|---|
| Protein | 6.8 |
| Digestible protein | 2.8 |
| Fats | 30.5 |
| Fiber | 3.2 |
| Net carbs | 1.7 |
| Calories | 319 kcal |
| **Indexes** | |
| Glycemic index | 36.8 |
| Glycemic load | 0.9 |
| Insulin index, II | **8.3** |
| Inflammatory index, DII | -0.11 |
| Antioxidant, ORAC | 1 407 |

## Cooking time, min

| | |
|---|---|
| **Heat on the stove** | 3 |
| **Let stand** | 2 |
| **Mix dry ingredients** | 5 |
| **Boil** | 10 |
| Reduce | 2 |
| | **20 min - 22 min** |

Heat the coconut milk (160 ml) in a small saucepan.

If you are using canned milk, give it some time to become liquid and homogeneous.

After that, add almond flour (50 g), sweetener (to taste), and mix all the ingredients thoroughly. Make sure there are no lumps left.

Cook the porridge over low heat, stirring constantly to avoid burning.

About 5 minutes later, when the porridge starts to thicken, add cinnamon (1/6 tsp) and a pinch of salt.

When the porridge reaches the desired consistency, remove the saucepan from heat.

Digestion time: 2 hours

**Allowed on diets**

Keto, Paleo (Allowed on a non-strict version), Mediterranean (In moderate amounts), Anti-Candida (ACP) (In a moderate version), FODMAP (During the reintroduction phase), Low Lectin Diet, Gluten-free Casein-free (GFCF), Specific Carbohydrate Diet (SCD) (In the expanded version), Ketogenic Therapeutic, FMD (allowed in a gentle FMD)

**Health benefits (5)**

- ✓ **Intimate health (circulation)**: E
- ✓ **Improving metabolism**: Fats
- ✓ **Photoprotection**: E
- ✓ **Skin, hair and nails**: E
- ✓ **Skin support**: E

## Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: boiling/stewing.

### Minerals, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Vitamin E | 36 | 36 | 36 | **78** | 5 | 2 |
| Copper | 26 | 26 | 24 | 54 | 16 | 8 |
| Iron | 24 | 11 | 7 | 19 | 13 | 4 |
| Manganese | 22 | 28 | 25 | 33 | 22 | 10 |
| Phosphorus | 20 | 20 | 20 | 28 | 14 | 7 |
| Boron | 20 | 20 | 20 | 39 | | 6 |
| Magnesium | 17 | 22 | 20 | 55 | 12 | 9 |
| Vitamin B2 | 13 | 16 | 12 | 29 | 6 | 1 |
| Potassium | 9 | 12 | 11 | 14 | 8 | 6 |
| Fibers | 8 | 12 | 11 | 12 | | 8 |
| Selenium | 8 | 8 | 8 | 16 | 5 | 1 |
| Calcium | 6 | 6 | 6 | 6 | 6 | 5 |
| Zinc | 6 | 9 | 6 | 14 | 1 | 1 |
| Vitamin B3 | 5 | 5 | 4 | 9 | 4 | 1 |
| Chlorine | 5 | 5 | 5 | 7 | 5 | 1 |

### Lipids, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Palmitic acid (Saturated) | **85** | **85** | **85** | **130** | | **169** |
| Linoleic acid (Omega-6) | 15 | 21 | 19 | 36 | | 42 |
| Oleic acid (Omega-9) | 13 | 17 | 15 | 24 | | 19 |
| Alpha-linolenic acid | 6 | 8 | 6 | 10 | 5 | 3 |
| Stearic acid (Saturated) | 6 | 7 | 7 | 10 | | 15 |

# Porridges and side dishes

# Avocado fritters

Porridges and side dishes

A source of healthy fats, fiber, and vitamins, this recipe supports heart health and promotes satiety. The delicate taste of avocado combined with coconut makes the dish not only nutritious but also fragrant. Perfect for breakfast or a snack on a keto diet.

**Equipment:**

Blender

**Servings: 2** (**1 serving** ≈ 199 grams)
**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| **Avocado** | 136 | 2/3 pcs |
| **Almond milk (unsweetened)** | 120 | 8 tbsp |
| **Egg** | 100 | 2 pcs |
| **Coconut oil** | 15 | 1 tbsp |
| **Water** | 15 | 1 tbsp |
| **Coconut flakes or flour** | 8 | 2.7 tsp |
| **Baking powder without starch** ↺ | 2 | 1/2 tsp |
| **Himalayan salt** | 1 | 1/8 tsp |
| **Yield:** | **397** g | |

| | 100 g |
|---|---|
| Protein | 4.1 |
| Digestible protein | 3.2 |
| Fats | 12.8 |
| Fiber | 2.3 |
| Net carbs | 1.4 |
| Fructose | 0 |
| Calories | 142 kcal |
| **Indexes** | |
| Glycemic index | 13.6 |
| Glycemic load | 0.5 |
| Insulin index, II | **20.2** |
| Inflammatory index, DII | -0.29 |
| Antioxidant, ORAC | 738 |

## Cooking time, min

| | |
|---|---|
| **Slice** | 5 |
| **Blend** | 5 |
| **Mix** | 5 |
| **Let stand** | 5 |
| **Fry** | 40 |
| | **1 h** |

Cut the avocado (1 piece) in half and scoop out the flesh. Mash it into a puree using a fork or blender.

In a bowl, mix the avocado with:

- eggs – 2 pieces;
- coconut flour – 1 tbsp;
- almond milk – 120 ml;
- water – 1 tbsp;
- baking powder – 1/2 tsp;
- sea or pink Himalayan salt – a pinch.

Stir until you achieve a homogeneous mass.

Let the dough rest for 5 minutes. If the mixture turns out too runny, add a bit of coconut flour to reach the consistency of thick sour cream.

Heat a skillet over medium heat and add coconut oil (1 tbsp) for frying.

When the oil is hot, spoon the batter onto the skillet, forming pancakes.

Fry the pancakes for about 2-3 minutes on one side.

> As soon as bubbles start to appear on the surface, gently flip them and fry for another 1-2 minutes until golden brown.

## Substitution options

- **Baking powder without starch:** Cream of tartar - 2 parts tartar to 1 part baking soda. The mixture is completely gluten-free. The reaction is instant, so the dough needs to be baked immediately, otherwise the gas will escape.

Digestion time: 3 hours

Complete protein: ✔

**Allowed on diets**

Keto, Paleo (Allowed on a non-strict version), Mediterranean (In moderate amounts), Anti-Candida (ACP) (In a moderate version), FODMAP (During the reintroduction phase), Low Lectin Diet (In a moderate version), Gluten-free Casein-free (GFCF), Specific Carbohydrate Diet (SCD) (In the expanded version), Ketogenic Therapeutic, Low Oxalate Diet (In a moderate version)

**Health benefits (2)**

✓ **Women's health and hormonal balance**: Oleic acid (Omega-9)

✓ **Lowering blood sugar**: Oleic acid (Omega-9)

# Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: frying.

## Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Vitamin U | | | | | | | | | 1 | 2 | 1 | 2 |
| Fructose | | | | | | | | | | | | |
| Prebiotics | 22 | 44 | 22 | 44 | 22 | 44 | 43 | **86** | | | 22 | 44 |
| Vitamin B7 | 17 | 34 | 17 | 34 | 15 | 30 | 43 | **86** | 2 | 4 | 1 | 2 |
| Vitamin E | 15 | 30 | 15 | 30 | 15 | 30 | 33 | 66 | 2 | 4 | 1 | 2 |
| Selenium | 14 | 28 | 14 | 28 | 13 | 26 | 26 | 52 | 8 | 16 | 2 | 4 |
| Vitamin B5 | 12 | 24 | 12 | 24 | 10 | 20 | 20 | 40 | 6 | 12 | 1 | 2 |
| Boron | 12 | 24 | 12 | 24 | 12 | 24 | 24 | 48 | | | 4 | 8 |
| Vitamin B2 | 11 | 22 | 13 | 26 | 10 | 20 | 24 | 48 | 5 | 10 | 1 | 2 |
| Iron | 10 | 20 | 4 | 8 | 3 | 6 | 8 | 16 | 5 | 10 | 2 | 4 |
| Phosphorus | 10 | 20 | 10 | 20 | 10 | 20 | 14 | 28 | 7 | 14 | 3 | 6 |
| Vitamin B4 (Choline) | 9 | 18 | 12 | 24 | 11 | 22 | 21 | 42 | 5 | 10 | 3 | 6 |
| Chlorine | 9 | 18 | 9 | 18 | 9 | 18 | 10 | 20 | 9 | 18 | 2 | 4 |
| Vitamin B6 | 8 | 16 | 8 | 16 | 6 | 12 | 18 | 36 | 4 | 8 | 1 | 2 |
| Vitamin B12 | 8 | 16 | 8 | 16 | 7 | 14 | 6 | 12 | 6 | 12 | 1 | 2 |
| Potassium | 7 | 14 | 9 | 18 | 8 | 16 | 10 | 20 | 6 | 12 | 4 | 8 |
| Calcium | 7 | 14 | 7 | 14 | 7 | 14 | 7 | 14 | 7 | 14 | 6 | 12 |
| Fibers | 7 | 14 | 11 | 22 | 9 | 18 | 11 | 22 | | | 7 | 14 |
| Vitamin B9 | 6 | 12 | 6 | 12 | 4 | 8 | 13 | 26 | 6 | 12 | 3 | 6 |
| Sodium | 6 | 12 | 6 | 12 | 6 | 12 | 12 | 24 | 6 | 12 | 3 | 6 |
| Zinc | 5 | 10 | 7 | 14 | 5 | 10 | 11 | 22 | 1 | 2 | 1 | 2 |
| Vitamin K | 5 | 10 | 6 | 12 | 6 | 12 | 11 | 22 | 5 | 10 | 1 | 2 |
| Coenzyme Q10 | 5 | 10 | 5 | 10 | 5 | 10 | 14 | 28 | 1 | 2 | 1 | 2 |

## Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Cholesterol | 47 | **94** | 47 | **94** | 47 | **94** | **188** | **374** | | | **94** | **187** |
| Oleic acid (Omega-9) | 31 | 62 | 39 | **78** | 35 | **70** | 55 | **109** | | | 43 | **86** |
| Palmitic acid (Saturated) | 20 | 40 | 20 | 40 | 20 | 40 | 30 | 60 | | | 39 | **78** |
| Arachidonic acid (AA, Omega-6) | 9 | 18 | 27 | 54 | 18 | 36 | 54 | **107** | | | 5 | 10 |

# Baba ghanoush

Porridges and side dishes

A source of fiber and antioxidants, this dish supports heart and digestive health. The delicate flavor of eggplants combined with lemon and tahini creates a harmonious blend, perfect for a snack or side dish.

**Equipment:**

Oven

Vegan dishes

**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| Eggplant | 100 | 1/3 pcs |
| Lemon | 32 | 1/4 pcs |
| Tahini | 6 | 1 tsp |
| Garlic | 5 | 1 pcs |
| Cilantro | 5 | |
| Utscho-suneli ↺ | 0.3 | 1/8 tsp |
| Cooking salt | to taste | |
| **Yield:** | **148** g | |

| | 100 g |
|---|---|
| Protein | 2 |
| Digestible protein | 0.4 |
| Fats | 2.4 |
| Fiber | 3.1 |
| Net carbs | 5 |
| Fructose | 0.2 |
| Calories | 54 kcal |
| **Indexes** | |
| Glycemic index | 14.4 |
| Glycemic load | 1.1 |
| Insulin index, II | **12.8** |
| Inflammatory index, DII | -0.43 |
| Antioxidant, ORAC | 2 954 |

## Cooking time, min

| | |
|---|---|
| **Bake in the oven** | 30 |
| **Preparation** | 10 |
| **Mix** | 5 |
| | **45 min** |

First, you need to bake the eggplant (100 g). To do this, wrap it in parchment paper and place it in a preheated oven at 180 degrees.

Bake for 30 minutes.

Once the eggplant is ready, carefully remove its skin. Then mash the pulp with a fork until a homogeneous mass is formed.

Add to the mashed eggplant:

- tahini (1 tsp);
- finely chopped garlic (1 clove);
- chopped cilantro sprigs (2-3 sprigs);
- juice and zest of lemon (¼ of a lemon);
- utsho suneli (1 pinch);
- salt to taste.

Mix all the ingredients thoroughly until you get a homogeneous mass.

## Substitution options

- **Utscho-suneli:** Khmeli-suneli - Plus 0.5 tsp of ground fenugreek. Uccho-suneli is the green seeds of fenugreek. Adding fenugreek to khmeli-suneli gives the same herbal bitter profile.

Digestion time: 3 hours

**Allowed on diets**

Keto, Paleo (Allowed on a non-strict version), Mediterranean (In moderate amounts), Anti-Candida (ACP) (In a moderate version), DASH (In a light version), Gluten-free Casein-free (GFCF), Specific Carbohydrate Diet (SCD) (In the expanded version), Ketogenic Therapeutic, FMD (allowed in a gentle FMD)

## Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: baking.

### Minerals, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Fructose | | | | | | |
| Prebiotics | 14 | 14 | 14 | 29 | | 14 |
| Vitamin C | 13 | 16 | 14 | 48 | 2 | 1 |
| Manganese | 11 | 14 | 13 | 17 | 11 | 5 |
| Iron | 10 | 4 | 3 | 8 | 5 | 2 |
| Vitamin K | 9 | 12 | 12 | 20 | 9 | 2 |
| Phosphorus | 8 | 8 | 8 | 11 | 6 | 3 |
| Vitamin B6 | 8 | 8 | 6 | 18 | 4 | 1 |
| Fibers | 8 | 13 | 11 | 13 | | 8 |
| Copper | 7 | 7 | 7 | 15 | 4 | 2 |
| Potassium | 7 | 9 | 8 | 10 | 6 | 5 |
| Vitamin B1 | 7 | 7 | 6 | 13 | 4 | 1 |
| Vitamin B9 | 5 | 5 | 3 | 10 | 5 | 2 |
| Vitamin B5 | 5 | 5 | 4 | 8 | 2 | 1 |

### Lipids, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Linoleic acid (Omega-6) | 6 | 8 | 7 | 14 | | 16 |

# Baked cauliflower

Porridges and side dishes

A source of fiber and vitamins C and K, roasted cauliflower has a delicate flavor with spicy notes of curry. It is perfect for a low-carb diet and maintaining health.

**Equipment:**

Oven

**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| Colored cauliflower | 150 | 1/4 pcs |
| Ghee butter | 15 | 1 tbsp |
| Curry | 1.3 | 1/2 tsp |
| Cooking salt | to taste | |
| **Optional ingredients:** | | |
| Chili pepper | 2 | 2 tsp |
| Black seed (nigella) | 2 | 2/3 tsp |
| **Yield:** | **166** g | |

| | 100 g |
|---|---|
| Protein | 2 |
| Fats | 9.3 |
| Fiber | 1.8 |
| Net carbs | 2.8 |
| Calories | 105 kcal |
| **Indexes** | |
| Glycemic index | 13.5 |
| Glycemic load | 0.9 |
| Insulin index, II | **13.6** |
| Inflammatory index, DII | -0.41 |
| Antioxidant, ORAC | 920 |

## Cooking time, min

| | |
|---|---|
| **Preparation** | 5 |
| **Bake in the oven** | 20 |
| | **25 min** |

Salt the cauliflower well (whole, not chopped), then brush it with melted butter (1 tablespoon) and add curry seasoning (½ teaspoon).

After that, place the cauliflower in a preheated oven at 180 degrees for 20 minutes.

Digestion time: 3 hours

### Allowed on diets

Keto, Paleo (Allowed on a non-strict version), Mediterranean (In moderate amounts), Anti-Candida (ACP) (In a moderate version), Gluten-free Casein-free (GFCF) (In a moderate version), Ketogenic Therapeutic

### Health benefits (6)

- ✓ **Intimate health (circulation)**: C
- ✓ **Virus protection**: C
- ✓ **Boosting immunity**: C
- ✓ **Skin support**: C
- ✓ **Photoprotection**: C
- ✓ **Skin, hair and nails**: C

## Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: baking.

### Minerals, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Vitamin U | | | | | 12 | 2 |
| Vitamin C | 39 | 46 | 41 | **139** | 7 | 2 |
| Vitamin A | 26 | 34 | 31 | 59 | 16 | 16 |
| Prebiotics | 15 | 15 | 15 | 31 | | 15 |
| Vitamin B6 | 12 | 12 | 8 | 27 | 5 | 1 |
| Vitamin B9 | 11 | 11 | 7 | 22 | 11 | 4 |
| Vitamin K | 10 | 14 | 14 | 23 | 10 | 3 |
| Vitamin B5 | 10 | 10 | 9 | 17 | 5 | 1 |
| Manganese | 8 | 10 | 9 | 12 | 8 | 4 |
| Potassium | 8 | 11 | 10 | 12 | 7 | 6 |
| Iron | 7 | 3 | 2 | 5 | 4 | 1 |
| Phosphorus | 6 | 6 | 6 | 8 | 4 | 2 |
| Fibers | 6 | 9 | 8 | 9 | | 6 |
| Vitamin B4 (Choline) | 6 | 8 | 8 | 14 | 3 | 2 |
| Sulfur | 6 | 8 | 8 | 11 | | 2 |
| Boron | 5 | 5 | 5 | 10 | | 1 |

### Lipids, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Cholesterol | **97** | **97** | **97** | **388** | | **194** |
| Palmitic acid (Saturated) | 24 | 24 | 24 | 37 | | 48 |
| Stearic acid (Saturated) | 22 | 28 | 28 | 37 | | 56 |
| Oleic acid (Omega-9) | 12 | 15 | 14 | 22 | | 17 |

# Salads

# Arugula, radicchio, olives, and sun-dried tomato salad

Salads

A source of antioxidants and healthy fats, this salad supports heart health and improves digestion. The vibrant taste of arugula and sun-dried tomatoes makes it perfect for a light lunch.

**Difficulty:** very easy

Vegan dishes

| Ingredient | Amount, g | |
|---|---|---|
| Arugula | 50 | |
| Radicchio | 50 | 1/8 pcs |
| Olives | 30 | 6 pcs |
| Sun-dried tomatoes | 30 | 5 tbsp |
| Lemon | 15 | 1/8 pcs |
| Olive oil | 15 | 1 tbsp |
| **Yield:** | **190** g | |

| | 100 g |
|---|---|
| Protein | 3.5 |
| Fats | 10.5 |
| Fiber | 2.5 |
| Net carbs | 10.1 |
| Fructose | 0.3 |
| Calories | 144 kcal |
| **Indexes** | |
| Glycemic index | 12.9 |
| Glycemic load | 2.1 |
| Insulin index, II | **12.1** |
| Inflammatory index, DII | -0.46 |
| Antioxidant, ORAC | 3 438 |

## Cooking time, min

| | |
|---|---|
| **Slice** | 5 |
| **Mix** | 5 |
| | **10 min** |

Thoroughly rinse the arugula (50 g) and radicchio (50 g), then cut them into small pieces.

In a deep bowl, combine them with olives (30 g) and sun-dried tomatoes (30 g), previously chopped into pieces.

For the dressing, use freshly squeezed lemon juice (1 tbsp) and olive oil (1 tbsp). Add spices to taste, such as salt and pepper.

Mix all the ingredients together.

Digestion time: 3 hours

**Allowed on diets**

Keto (In a small amount), Paleo (Allowed on a non-strict version), Mediterranean, Anti-Candida (ACP) (In a moderate version), DASH (In a light version), Gluten-free Casein-free (GFCF), Ketogenic Therapeutic, FMD

**Health benefits (1)**

✓ **Women's health and hormonal balance**: Oleic acid (Omega-9)

## Nutrients, % of the recommended daily intake

### Minerals, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Fructose | | | | | | |
| Vitamin K | **83** | **111** | **111** | **181** | **83** | 20 |
| Iron | 20 | 9 | 6 | 16 | 10 | 3 |
| Vitamin C | 18 | 22 | 19 | 66 | 3 | 1 |
| Vitamin A | 15 | 19 | 17 | 33 | 9 | 9 |
| Vitamin E | 14 | 14 | 14 | 30 | 2 | 1 |
| Potassium | 13 | 17 | 15 | 19 | 11 | 9 |
| Sodium | 13 | 13 | 13 | 25 | 12 | 6 |
| Phosphorus | 12 | 12 | 12 | 16 | 8 | 4 |
| Vitamin B9 | 12 | 12 | 8 | 23 | 12 | 5 |
| Vitamin B5 | 11 | 11 | 9 | 19 | 6 | 1 |
| Manganese | 10 | 12 | 11 | 15 | 10 | 4 |
| Vitamin B3 | 10 | 11 | 9 | 20 | 8 | 1 |
| Vitamin B1 | 10 | 11 | 8 | 20 | 6 | 1 |
| Chlorophyll | 10 | 10 | 10 | 29 | | 10 |
| Vitamin B2 | 9 | 11 | 9 | 20 | 4 | 1 |
| Lutein | 9 | 9 | 9 | 16 | | 2 |
| Copper | 8 | 8 | 7 | 17 | 5 | 2 |
| Calcium | 8 | 8 | 8 | 8 | 8 | 7 |
| Vitamin B6 | 8 | 8 | 6 | 18 | 4 | 1 |
| Fibers | 8 | 11 | 10 | 11 | | 7 |
| Magnesium | 7 | 9 | 8 | 23 | 5 | 4 |

### Lipids, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Oleic acid (Omega-9) | 26 | 33 | 30 | 47 | | 37 |
| Palmitic acid (Saturated) | 5 | 5 | 5 | 8 | | 10 |

# Avocado and cream cheese rolls

Salads

A source of healthy fats and antioxidants, this dish has a creamy texture and rich flavor. It is perfect for maintaining energy and heart health due to its high content of omega-3 and vitamins.

**Equipment:**

Blender

**Servings: 3** (**1 serving** ≈ 132 grams)
**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| **Avocado** | 200 | 1 pcs |
| **Mascarpone** | 100 | 5.6 tbsp |
| **Butter** | 50 | 3.3 tbsp |
| **Pumpkin seeds** | 25 | |
| **Almond flour** | 15 | 1.25 tbsp |
| **Himalayan salt** | 5 | 1 tsp |
| **Black pepper** | 2 | 1 tsp |
| **Yield:** | **397** g | |

| | 100 g |
|---|---|
| Protein | 4.5 |
| Digestible protein | 2.4 |
| Fats | 33.8 |
| Fiber | 4 |
| Net carbs | 2.4 |
| Fructose | 0.1 |
| Calories | 327 kcal |
| **Indexes** | |
| Glycemic index | 10 |
| Glycemic load | 0.6 |
| Insulin index, II | **7.4** |
| Inflammatory index, DII | -0.21 |
| Antioxidant, ORAC | 1 779 |

## Cooking time, min

| | |
|---|---|
| **Blend** | 1 |
| **Mix** | 10 |
| **Chill in the refrigerator** | 30 |
| **Slice** | 5 |
| Chill in the refrigerator | 4 h |
| **46 min - 4 h 46 min** | |

Mash the avocado (1 piece) with a fork or use a blender for a smoother texture.

Combine all the ingredients in one bowl:

- prepared avocado;
- cream cheese or cottage cheese (100 g);

- softened butter (50 g);
- pumpkin seeds (25 g);
- salt and pepper to taste.

Mix the mixture and place it in the refrigerator for 20-30 minutes.

When the mixture cools down, take it out of the refrigerator and use plastic wrap to shape it into a log.

Roll the resulting log in nut flour (15 g). After that, cut it into portioned pieces.

Place the finished rolls in the refrigerator for 2-4 hours, or better for a longer period.

Store them in a closed container to keep them fresh.

Digestion time: 4 hours

Complete protein: ✔

**Allowed on diets**

Keto, Paleo (Allowed on a non-strict version), Mediterranean (In moderate amounts), FODMAP (During the reintroduction phase), Specific Carbohydrate Diet (SCD) (In the expanded version), Ketogenic Therapeutic

**Health benefits (6)**

✓ **Improving metabolism**: Fats
✓ **Women's health and hormonal balance**: Oleic acid (Omega-9)
✓ **Men's strength and endurance**: Cholesterol
✓ **Liver health**: Glutathione
✓ **Lowering blood sugar**: Prebiotics
✓ **Detoxification**: Glutathione

# Nutrients, % of the recommended daily intake

## Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Vitamin U | | | | | | | | | 1 | 1 | 1 | 1 |
| Fructose | | | | | | | | | | | | |
| Prebiotics | 35 | 46 | 35 | 46 | 35 | 46 | **71** | **94** | | | 35 | 46 |
| Chlorine | 33 | 44 | 33 | 44 | 33 | 44 | 40 | 53 | 33 | 44 | 8 | 11 |
| Boron | 22 | 29 | 22 | 29 | 22 | 29 | 43 | 57 | | | 6 | 8 |
| Phosphorus | 21 | 28 | 21 | 28 | 21 | 28 | 30 | 40 | 15 | 20 | 7 | 9 |
| Sodium | 21 | 28 | 21 | 28 | 21 | 28 | 40 | 53 | 19 | 25 | 10 | 13 |
| Manganese | 20 | 26 | 25 | 33 | 23 | 30 | 30 | 40 | 20 | 26 | 9 | 12 |
| Vitamin E | 17 | 22 | 17 | 22 | 17 | 22 | 36 | 48 | 3 | 4 | 1 | 1 |
| Magnesium | 16 | 21 | 20 | 26 | 18 | 24 | 50 | 66 | 11 | 15 | 8 | 11 |
| Vitamin B5 | 16 | 21 | 16 | 21 | 14 | 18 | 27 | 36 | 8 | 11 | 1 | 1 |
| Vitamin B2 | 14 | 18 | 16 | 21 | 13 | 17 | 29 | 38 | 6 | 8 | 1 | 1 |
| Vitamin A | 13 | 17 | 17 | 22 | 15 | 20 | 30 | 40 | 8 | 11 | 8 | 11 |
| Vitamin B6 | 12 | 16 | 12 | 16 | 8 | 11 | 25 | 33 | 5 | 7 | 1 | 1 |
| Vitamin B9 | 11 | 15 | 11 | 15 | 8 | 11 | 23 | 30 | 11 | 15 | 5 | 7 |
| Fibers | 11 | 15 | 17 | 22 | 15 | 20 | 17 | 22 | | | 11 | 15 |
| Copper | 10 | 13 | 10 | 13 | 9 | 12 | 20 | 26 | 6 | 8 | 3 | 4 |
| Zinc | 10 | 13 | 14 | 18 | 10 | 13 | 22 | 29 | 2 | 3 | 2 | 3 |
| Potassium | 10 | 13 | 13 | 17 | 12 | 16 | 15 | 20 | 8 | 11 | 7 | 9 |
| Vitamin K | 10 | 13 | 13 | 17 | 13 | 17 | 21 | 28 | 10 | 13 | 2 | 3 |
| Iron | 9 | 12 | 4 | 5 | 3 | 4 | 7 | 9 | 5 | 7 | 1 | 1 |
| Vitamin B3 | 7 | 9 | 8 | 11 | 6 | 8 | 14 | 18 | 5 | 7 | 1 | 1 |
| Vitamin B7 | 7 | 9 | 7 | 9 | 6 | 8 | 18 | 24 | 1 | 1 | 1 | 1 |
| Glutathione | 7 | 9 | 7 | 9 | 14 | 18 | 27 | 36 | 3 | 4 | 1 | 1 |
| Calcium | 6 | 8 | 6 | 8 | 6 | 8 | 6 | 8 | 6 | 8 | 5 | 7 |
| Vitamin C | 6 | 8 | 7 | 9 | 6 | 8 | 21 | 28 | 1 | 1 | 1 | 1 |
| Vitamin B1 | 6 | 8 | 6 | 8 | 5 | 7 | 11 | 15 | 3 | 4 | 1 | 1 |
| Vitamin B8 (Inositol) | 6 | 8 | 6 | 8 | 6 | 8 | 11 | 15 | 4 | 5 | 1 | 1 |
| Vitamin B15 | 5 | 7 | 5 | 7 | 3 | 4 | 10 | 13 | | | 1 | 1 |

## Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Cholesterol | **274** | **362** | **274** | **362** | **274** | **362** | **1 096** | **1 447** | | | **548** | **723** |
| Palmitic acid (Saturated) | 57 | **75** | 57 | **75** | 57 | **75** | **88** | **116** | | | **115** | **152** |
| Stearic acid (Saturated) | 26 | 34 | 32 | 42 | 32 | 42 | 43 | 57 | | | 64 | **84** |
| Oleic acid (Omega-9) | 25 | 33 | 31 | 41 | 28 | 37 | 45 | 59 | | | 35 | 46 |
| Linoleic acid (Omega-6) | 13 | 17 | 18 | 24 | 17 | 22 | 31 | 41 | | | 36 | 48 |
| Arachidonic acid (AA, Omega-6) | 5 | 7 | 15 | 20 | 10 | 13 | 30 | 40 | | | 3 | 4 |

# Avocado, tomato, and egg salad

Salads

A source of healthy fats, vitamins, and antioxidants, this salad promotes metabolism and supports heart health. The delicate taste of avocado and the freshness of tomatoes create a harmonious combination.

**Servings: 2** (**1 serving** ≈ 307 grams)
**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| **Tomato** | 250 | 2.5 pcs |
| **Avocado** | 200 | 1 pcs |
| **Egg** | 100 | 2 pcs |
| **Olive oil** | 30 | 2 tbsp |
| **Parsley** | 15 | |
| **Green onion** | 14 | 2 pcs |
| **Garlic** | 5 | 1 pcs |
| **Optional ingredients:** | | |
| **Sea salt** | to taste | |
| **Black pepper** | to taste | |
| **Yield:** | **614** g | |

| | 100 g |
|---|---|
| Protein | 3.3 |
| Digestible protein | 2.1 |
| Fats | 11.2 |
| Fiber | 2.8 |
| Net carbs | 2.3 |
| Fructose | 0.6 |
| Calories | 129 kcal |
| **Indexes** | |
| Glycemic index | 11.5 |
| Glycemic load | 0.5 |
| Insulin index, II | **16.7** |
| Inflammatory index, DII | **-0.55** |
| Antioxidant, ORAC | 1 119 |

## Cooking time, min

| | |
|---|---|
| **Boil** | 10 |
| **Slice** | 5 |
| Mix | 1 |
| | **15 min - 16 min** |

Boil the eggs (2 pcs.) until hard, then cool and peel them.

Cut the avocado (1 pc.) into cubes and the cherry tomatoes (250 g) into quarters.

Chop the green onion (2 stalks), garlic (1 clove), and herbs (1 tbsp).

In a large bowl, mix all the prepared ingredients. Then drizzle the salad with olive oil (2 tbsp). Season with salt and pepper to taste.

Digestion time: 3 hours

Complete protein: ✔

**Allowed on diets**

Keto, Paleo, Mediterranean (In moderate amounts), Anti-Candida (ACP) (In a moderate version), DASH (In a light version), Gluten-free Casein-free (GFCF), Specific Carbohydrate Diet (SCD) (In the expanded version), Ketogenic Therapeutic, MIND (In the basic version)

**Health benefits (4)**

✓ **Women's health and hormonal balance**: Oleic acid (Omega-9)

✓ **Liver health**: Glutathione

✓ **Lowering blood sugar**: Oleic acid (Omega-9)

✓ **Detoxification**: Glutathione

## Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: boiling/stewing.

### Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Fructose | | | | | | | | | | | | |
| Vitamin U | | | | | | | | | 1 | 3 | 1 | 3 |
| Vitamin K | 40 | **123** | 54 | **166** | 54 | **166** | **88** | **270** | 40 | **123** | 10 | 31 |
| Lycopene | 20 | 61 | 20 | 61 | 20 | 61 | 41 | **126** | | | 4 | 12 |
| Prebiotics | 17 | 52 | 17 | 52 | 17 | 52 | 34 | **104** | | | 17 | 52 |
| Vitamin E | 11 | 34 | 11 | 34 | 11 | 34 | 23 | **71** | 2 | 6 | 1 | 3 |
| Vitamin B7 | 11 | 34 | 11 | 34 | 10 | 31 | 29 | **89** | 1 | 3 | 1 | 3 |
| Boron | 10 | 31 | 10 | 31 | 10 | 31 | 21 | 64 | | | 3 | 9 |
| Iron | 9 | 28 | 4 | 12 | 3 | 9 | 7 | 21 | 5 | 15 | 1 | 3 |
| Vitamin B5 | 9 | 28 | 9 | 28 | 7 | 21 | 15 | 46 | 4 | 12 | 1 | 3 |
| Selenium | 9 | 28 | 9 | 28 | 8 | 25 | 16 | 49 | 5 | 15 | 1 | 3 |
| Potassium | 8 | 25 | 10 | 31 | 9 | 28 | 12 | 37 | 7 | 21 | 5 | 15 |
| Phosphorus | 8 | 25 | 8 | 25 | 8 | 25 | 11 | 34 | 6 | 18 | 3 | 9 |
| Vitamin B2 | 8 | 25 | 9 | 28 | 7 | 21 | 16 | 49 | 3 | 9 | 1 | 3 |
| Vitamin C | 7 | 21 | 8 | 25 | 7 | 21 | 25 | **77** | 1 | 3 | 1 | 3 |
| Vitamin B6 | 7 | 21 | 7 | 21 | 5 | 15 | 16 | 49 | 3 | 9 | 1 | 3 |
| Fibers | 7 | 21 | 10 | 31 | 9 | 28 | 10 | 31 | | | 6 | 18 |
| Molybdenum | 6 | 18 | 6 | 18 | 5 | 15 | 12 | 37 | | | 1 | 3 |
| Vitamin B4 (Choline) | 5 | 15 | 7 | 21 | 6 | 18 | 12 | 37 | 3 | 9 | 1 | 3 |
| Manganese | 5 | 15 | 6 | 18 | 5 | 15 | 7 | 21 | 5 | 15 | 2 | 6 |
| Vitamin B9 | 5 | 15 | 5 | 15 | 3 | 9 | 10 | 31 | 5 | 15 | 2 | 6 |

### Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Cholesterol | 30 | **92** | 30 | **92** | 30 | **92** | **122** | **375** | | | 61 | **187** |
| Oleic acid (Omega-9) | 26 | **80** | 33 | **101** | 30 | **92** | 47 | **144** | | | 37 | **114** |
| Arachidonic acid (AA, Omega-6) | 6 | 18 | 17 | 52 | 11 | 34 | 33 | **101** | | | 3 | 9 |
| Palmitic acid (Saturated) | 5 | 15 | 5 | 15 | 5 | 15 | 8 | 25 | | | 11 | 34 |

# Baked cherry tomatoes

Salads

Baked cherry tomatoes, a source of vitamins C and K, antioxidants, and fiber, have a sweet taste and aroma of basil, making them an excellent side dish or snack.

**Equipment:**

Oven

**Servings: 2** (**1 serving** ≈ 158 grams)
**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| Cherry tomatoes | 300 | |
| Green onion | 10 | 1.4 pcs |
| Basil | 5 | |
| **Optional ingredients:** | | |
| Pine nut | 20 | 20 |
| **Yield:** | **315** g | |

| | 100 g |
|---|---|
| Protein | 1 |
| Digestible protein | 0.5 |
| Fats | 0.2 |
| Fiber | 1.2 |
| Net carbs | 2.8 |
| Fructose | 1.3 |
| Calories | 19 kcal |
| **Indexes** | |
| Glycemic index | 14.8 |
| Glycemic load | 0.6 |
| Insulin index, II | **19.8** |
| Inflammatory index, DII | -0.50 |
| Antioxidant, ORAC | 3 552 |

## Cooking time, min

| | |
|---|---|
| **Preparation** | 5 |
| **Bake in the oven** | 10 |
| | **15 min** |

Salt the cherry tomatoes (300 g) and sprinkle with chopped basil (1 tsp).

Bake in the oven at 180–190°C for 10 minutes. Use a baking dish or skewers.

> Instead of baking, you can sauté in clarified butter (1 tbsp) for 5–7 minutes. You can also add pine nuts (20 g) and lightly toast them together with the tomatoes.

Garnish with green onions (10 g) and fresh basil (a few leaves).

Digestion time: 3 hours

**Allowed on diets**

Keto, Paleo, Mediterranean, Anti-Candida (ACP) (In a moderate version), FODMAP, DASH (In a light version), Gluten-free Casein-free (GFCF), Specific Carbohydrate Diet (SCD), Ketogenic Therapeutic, Low Oxalate Diet (In a moderate version), MIND (In the basic version)

## Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: baking.

### Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Fructose | | | | | | | | | | | | |
| Lycopene | 37 | 58 | 37 | 58 | 37 | 58 | **74** | **117** | | | 7 | 11 |
| Vitamin A | 18 | 28 | 24 | 38 | 22 | 35 | 42 | 66 | 11 | 17 | 11 | 17 |
| Vitamin K | 14 | 22 | 18 | 28 | 18 | 28 | 29 | 46 | 14 | 22 | 3 | 5 |
| Vitamin C | 12 | 19 | 15 | 24 | 13 | 21 | 44 | **70** | 2 | 3 | 1 | 2 |
| Potassium | 7 | 11 | 9 | 14 | 8 | 13 | 10 | 16 | 6 | 9 | 5 | 8 |
| Manganese | 6 | 9 | 7 | 11 | 7 | 11 | 9 | 14 | 6 | 9 | 3 | 5 |
| Copper | 6 | 9 | 6 | 9 | 6 | 9 | 13 | 21 | 4 | 6 | 2 | 3 |
| Vitamin B6 | 5 | 8 | 5 | 8 | 4 | 6 | 12 | 19 | 2 | 3 | 1 | 2 |
| Vitamin B5 | 5 | 8 | 5 | 8 | 4 | 6 | 9 | 14 | 3 | 5 | 1 | 2 |

# Meat and chicken

# Asian-style turkey meatballs in an air fryer

Meat and chicken

A source of protein and healthy fats, this dish is rich in vitamins and minerals thanks to the greens and sesame. Tasty and aromatic, it is perfect for a light dinner or snack.

**Equipment:**

Blender

Air fryer

**Servings: 2** (**1 serving** ≈ 175 grams)
**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| **Turkey** | 300 | |
| **Egg yolk** | 17 | 1 pcs |
| **Sesame** | 8 | 2.7 tsp |
| **Garlic** | 5 | 1 pcs |
| **Basil** | 5 | |
| **Parsley** | 5 | |
| **Lime** | 5 | 1/8 pcs |
| **Chili sauce** | 5 | |
| **Cooking salt** | to taste | |
| **Yield:** | **350** g | |

| | 100 g |
|---|---|
| Protein | 27.1 |
| Digestible protein | 26.7 |
| Fats | 4.6 |
| Fiber | 0.4 |
| Net carbs | 1 |
| Fructose | 0 |
| Calories | 157 kcal |
| **Indexes** | |
| Glycemic index | 1.2 |
| Glycemic load | 0.2 |
| Insulin index, II | **23.9** |
| Inflammatory index, DII | -0.20 |
| Antioxidant, ORAC | 411 |

## Cooking time, min

| | |
|---|---|
| **Slice** | 7 |
| **Blend** | 5 |
| **Preparation** | 5 |
| **Bake in the air fryer** | 12 |
| | **29 min** |

Cut the turkey thigh fillet (300 g) into small pieces. Chop the garlic (1 clove, about 5 g). Remove the leaves from the basil (5 g) and parsley (5 g) sprigs.

Combine the turkey, egg yolk (1 pc), lime juice (5 g), sugar-free chili sauce (5 g), garlic, basil, and parsley in a blender or food processor. Grind until you have a uniform mince, and salt to taste.

> If using store-bought chili sauce, first prepare a keto version without sugar and add it to the mince. You can also serve a little of the same sauce separately.

With wet hands, roll small balls from the mince. Coat each ball in a mixture of white and black sesame seeds (8 g).

Preheat the air fryer to 190 °C. Place the balls in the air fryer basket on parchment and cook for 12 minutes, until golden brown. Serve hot with sugar-free sweet and sour chili sauce.

Digestion time: 3 hours

Complete protein: ✔

**Allowed on diets**

Keto, Mediterranean (In moderate amounts), Ketogenic Therapeutic

**Health benefits (10)**

- ✓ **Boosting testosterone**: Selenium
- ✓ **Intimate health (circulation)**: B3, B6
- ✓ **Boosting immunity**: Protein
- ✓ **Thyroid support**: Selenium
- ✓ **Improving metabolism**: Selenium, Protein
- ✓ **Improving brain function and memory**: B4 (Choline), B6
- ✓ **Nervous system (stress support)**: B2, B6, Tryptophan
- ✓ **Liver health**: B4 (Choline)
- ✓ **Sleep and relaxation**: Tryptophan
- ✓ **Detoxification**: B4 (Choline)

# Nutrients, % of the recommended daily intake

## Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Fructose | | | | | | | | | | | | |
| Vitamin B3 | **156** | **273** | **179** | **313** | **139** | **243** | **313** | **548** | **125** | **219** | 5 | 9 |
| Vitamin B6 | **123** | **215** | **123** | **215** | **84** | **147** | **267** | **467** | 53 | **93** | 2 | 4 |
| Vitamin B2 | 58 | **102** | 69 | **121** | 54 | **95** | **126** | **221** | 25 | 44 | 2 | 4 |
| Selenium | 54 | **95** | 54 | **95** | 49 | **86** | **98** | **172** | 30 | 53 | 7 | 12 |
| Vitamin B5 | 50 | **88** | 50 | **88** | 42 | **74** | **83** | **145** | 25 | 44 | 2 | 4 |
| Vitamin B4 (Choline) | 41 | **72** | 53 | **93** | 50 | **88** | **90** | **158** | 23 | 40 | 11 | 19 |
| Vitamin B12 | 40 | **70** | 40 | **70** | 37 | 65 | 34 | 60 | 32 | 56 | 1 | 2 |
| Phosphorus | 33 | 58 | 33 | 58 | 33 | 58 | 46 | **81** | 23 | 40 | 11 | 19 |
| Vitamin K | 25 | 44 | 33 | 58 | 33 | 58 | 54 | **95** | 25 | 44 | 6 | 11 |
| Zinc | 23 | 40 | 31 | 54 | 23 | 40 | 50 | **88** | 5 | 9 | 5 | 9 |
| Iron | 20 | 35 | 9 | 16 | 6 | 11 | 16 | 28 | 11 | 19 | 3 | 5 |
| Copper | 19 | 33 | 19 | 33 | 17 | 30 | 40 | **70** | 12 | 21 | 6 | 11 |
| Vitamin B1 | 13 | 23 | 14 | 25 | 11 | 19 | 25 | 44 | 8 | 14 | 1 | 2 |
| Magnesium | 9 | 16 | 11 | 19 | 10 | 18 | 28 | 49 | 6 | 11 | 5 | 9 |
| Potassium | 7 | 12 | 9 | 16 | 8 | 14 | 10 | 18 | 6 | 11 | 5 | 9 |
| Manganese | 6 | 11 | 8 | 14 | 7 | 12 | 9 | 16 | 6 | 11 | 3 | 5 |
| Vitamin D | 6 | 11 | 6 | 11 | 6 | 11 | 6 | 11 | 1 | 2 | 1 | 2 |
| Calcium | 5 | 9 | 5 | 9 | 5 | 9 | 5 | 9 | 5 | 9 | 4 | 7 |
| Vitamin B9 | 5 | 9 | 5 | 9 | 3 | 5 | 10 | 18 | 5 | 9 | 2 | 4 |
| Vitamin B7 | 5 | 9 | 5 | 9 | 4 | 7 | 13 | 23 | 1 | 2 | 1 | 2 |

## Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Cholesterol | 39 | 68 | 39 | 68 | 39 | 68 | **157** | **275** | | | **79** | **138** |
| Oleic acid (Omega-9) | 10 | 18 | 13 | 23 | 11 | 19 | 18 | 32 | | | 14 | 25 |

# Asparagus wrapped in bacon

Meat and chicken

Source of fiber and vitamins A, C, K, asparagus in bacon combines beneficial antioxidants and saturated fats, creating a rich flavor and an ideal dish for a keto diet.

**Servings: 4** (**1 serving** ≈ 125 grams)
**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| **Asparagus** | 300 | |
| **Bacon** | 150 | |
| **Iceberg lettuce** | 50 | 1/8 pcs |
| **Optional ingredients:** | | |
| **Garlic** | 15 | 3 pcs |
| **Cooking salt** | to taste | |
| **Yield:** | **500** g | |

| | 100 g |
|---|---|
| Protein | 12.5 |
| Digestible protein | 11.1 |
| Fats | 12.7 |
| Fiber | 1.4 |
| Net carbs | 1.6 |
| Fructose | 0 |
| Calories | 176 kcal |
| **Indexes** | |
| Glycemic index | 10.5 |
| Glycemic load | 0.8 |
| Insulin index, II | **11** |
| Inflammatory index, DII | -0.29 |
| Antioxidant, ORAC | 434 |

## Cooking time, min

| | |
|---|---|
| **Bring to a boil** | 5 |
| **Boil** | 3 |
| **Preparation** | 5 |
| **Fry** | 7 |
| **Preparation** | 5 |
| | **25 min** |

Boil the asparagus (300 g) in salted water for 3 minutes over medium heat.

Wrap each asparagus stick in a strip of raw bacon (150 g). Use beef or pork, without smoked additives. If desired, add garlic cloves (3 pcs) for flavor.

Sauté the asparagus in bacon for 5–7 minutes until golden brown. Place on a paper towel to remove excess fat.

> You can bake the asparagus at 190°C until crispy.

Serve the sticks on lettuce leaves (50 g) or Chinese cabbage, garnished with fresh herbs (to taste).

Digestion time: 4 hours

Complete protein: ✔

**Allowed on diets**

Keto, Paleo, FODMAP, GAPS (In the full version), Low Lectin Diet (In a moderate version), Gluten-free Casein-free (GFCF) (In a moderate version), Specific Carbohydrate Diet (SCD), Ketogenic Therapeutic, Low Oxalate Diet (In a moderate version)

**Health benefits (2)**

✓ **Liver health**: Glutathione

✓ **Detoxification**: Glutathione

## Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: boiling/stewing.

### Minerals, %

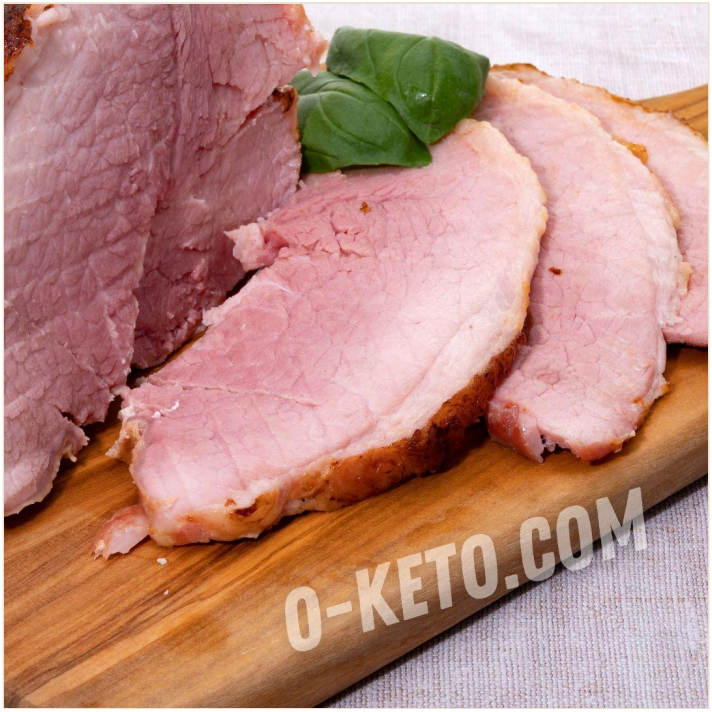
| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Vitamin U | | | | | | | | | 4 | 5 | 1 | 1 |
| Fructose | | | | | | | | | | | | |
| Chlorine | 24 | 30 | 24 | 30 | 24 | 30 | 29 | 36 | 24 | 30 | 6 | 8 |
| Vitamin K | 21 | 26 | 27 | 34 | 27 | 34 | 45 | 56 | 21 | 26 | 5 | 6 |
| Iron | 16 | 20 | 7 | 9 | 5 | 6 | 13 | 16 | 9 | 11 | 3 | 4 |
| Selenium | 12 | 15 | 12 | 15 | 11 | 14 | 22 | 28 | 7 | 9 | 2 | 3 |
| Phosphorus | 11 | 14 | 11 | 14 | 11 | 14 | 15 | 19 | 7 | 9 | 4 | 5 |
| Sodium | 9 | 11 | 9 | 11 | 9 | 11 | 17 | 21 | 8 | 10 | 4 | 5 |
| Prebiotics | 9 | 11 | 9 | 11 | 9 | 11 | 19 | 24 | | | 9 | 11 |
| Glutathione | 6 | 8 | 6 | 8 | 12 | 15 | 24 | 30 | 2 | 3 | 1 | 1 |
| Zinc | 5 | 6 | 8 | 10 | 5 | 6 | 12 | 15 | 1 | 1 | 1 | 1 |
| Potassium | 5 | 6 | 7 | 9 | 6 | 8 | 8 | 10 | 4 | 5 | 4 | 5 |
| Vitamin B2 | 5 | 6 | 6 | 8 | 5 | 6 | 11 | 14 | 2 | 3 | 1 | 1 |

### Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Cholesterol | 63 | **79** | 63 | **79** | 63 | **79** | **252** | **315** | | | **126** | **158** |
| Linoleic acid (Omega-6) | 62 | **78** | **88** | **110** | **81** | **101** | **150** | **188** | | | **176** | **220** |
| Palmitic acid (Saturated) | 56 | **70** | 56 | **70** | 56 | **70** | **86** | **108** | | | **111** | **139** |
| Arachidonic acid (AA, Omega-6) | 17 | 21 | 51 | 64 | 34 | 43 | **102** | **128** | | | 10 | 13 |
| Stearic acid (Saturated) | 11 | 14 | 14 | 18 | 14 | 18 | 18 | 23 | | | 27 | 34 |
| Alpha-linolenic acid (Omega-3) | 5 | 6 | 7 | 9 | 5 | 6 | 8 | 10 | 4 | 5 | 3 | 4 |

# Baked ham in foil

Meat and chicken




A source of protein and healthy fats, this dish is rich in antioxidants thanks to garlic and herbs. It has a rich flavor with spicy notes, making it perfect for a keto diet.

**Equipment:**

Oven

Thermometer with probe

**Servings: 6** (**1 serving** ≈ 83 grams)
**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| **Pork** | 400 | |
| **Mustard (without sugar)** | 50 | 2.8 tbsp |
| **Garlic** | 20 | 4 pcs |
| **Cooking salt** | 20 | 1.1 tbsp |
| **Thyme** | 5 | 1.1 tbsp |
| **Bay leaf** | 1.5 | 5 pcs |
| **Black pepper** | to taste | |
| **Optional ingredients:** | | |
| **Black pepper** | 5 | 2.5 tsp |
| **Yield:** | **497** g | |

| | 100 g |
|---|---|
| Protein | 21.1 |
| Digestible protein | 20.1 |
| Fats | 13.6 |
| Fiber | 0.9 |
| Net carbs | 1.9 |
| Fructose | 0 |
| Calories | 218 kcal |
| **Indexes** | |
| Glycemic index | 0 |
| Glycemic load | 0 |
| Insulin index, II | **17.9** |
| Inflammatory index, DII | -0.01 |
| Antioxidant, ORAC | 1 961 |

## Cooking time, min

| | |
|---|---|
| **Slice** | 10 |
| **Preparation** | 10 |
| **Bake in the oven** | 35 |
| | **55 min** |

Stuff the pork neck (400 g) with peeled garlic cloves (4 pcs). To do this, cut the garlic into small pieces and insert them into the meat, making small incisions.

Rub the pork with a mixture of salt (20 g) and smooth mustard (50 g). Then cover the meat with bay leaves (3-5 pcs) and sprinkle with thyme (5 g), adding a little pepper (to taste) for spiciness.

Tightly wrap the neck in foil, using several layers to prevent juices from leaking during baking.

Preheat the oven to 180°C and place the wrapped meat on a baking sheet. Roast the meat for 30-40 minutes; the time depends on the size of the piece of meat.

To check for doneness, use a probe thermometer. The pork is considered done when the internal temperature reaches 76°C.

Digestion time: 4 hours

Complete protein: ✔

**Allowed on diets**

Keto, Paleo (Allowed on a non-strict version), Anti-Candida (ACP) (In a moderate version), GAPS (In the full version), Gluten-free Casein-free (GFCF), Specific Carbohydrate Diet (SCD) (In the expanded version), Ketogenic Therapeutic, Low Oxalate Diet (In a moderate version)

**Health benefits (10)**

- ✓ **Intimate health (circulation)**: B6
- ✓ **Boosting immunity**: Protein
- ✓ **Improving metabolism**: Protein
- ✓ **Improving brain function and memory**: B6
- ✓ **Sleep and relaxation**: Tryptophan
- ✓ **Skin support**: Collagen
- ✓ **Photoprotection**: Collagen
- ✓ **Strong joints and bones**: Collagen
- ✓ **Nervous system (stress support)**: B1, Tryptophan
- ✓ **Skin, hair and nails**: Collagen

# Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: baking.

## Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Fructose | | | | | | | | | | | | |
| Chlorine | **105** | **87** | **105** | **87** | **105** | **87** | **127** | **105** | **105** | **87** | 27 | 22 |
| Sodium | **75** | 62 | **75** | 62 | **75** | 62 | **145** | **120** | 69 | 57 | 35 | 29 |
| Vitamin B1 | 51 | 42 | 56 | 46 | 44 | 37 | **102** | **85** | 31 | 26 | 1 | 1 |
| Collagen | 48 | 40 | 48 | 40 | 48 | 40 | 48 | 40 | 24 | 20 | 8 | 7 |
| Selenium | 40 | 33 | 40 | 33 | 36 | 30 | **73** | 61 | 22 | 18 | 5 | 4 |
| Vitamin B3 | 28 | 23 | 32 | 27 | 25 | 21 | 56 | 46 | 22 | 18 | 1 | 1 |
| Vitamin B6 | 25 | 21 | 25 | 21 | 17 | 14 | 55 | 46 | 11 | 9 | 1 | 1 |
| Phosphorus | 24 | 20 | 24 | 20 | 24 | 20 | 34 | 28 | 17 | 14 | 9 | 7 |
| Zinc | 22 | 18 | 31 | 26 | 22 | 18 | 49 | 41 | 5 | 4 | 5 | 4 |
| Vitamin B12 | 21 | 17 | 21 | 17 | 20 | 17 | 18 | 15 | 17 | 14 | 1 | 1 |
| Iron | 17 | 14 | 8 | 7 | 5 | 4 | 14 | 12 | 9 | 7 | 3 | 2 |
| Manganese | 15 | 12 | 19 | 16 | 17 | 14 | 23 | 19 | 15 | 12 | 7 | 6 |
| Vitamin K | 15 | 12 | 21 | 17 | 21 | 17 | 34 | 28 | 15 | 12 | 4 | 3 |
| Vitamin B2 | 13 | 11 | 15 | 12 | 12 | 10 | 27 | 22 | 5 | 4 | 1 | 1 |
| Vitamin B5 | 11 | 9 | 11 | 9 | 10 | 8 | 19 | 16 | 6 | 5 | 1 | 1 |
| Potassium | 10 | 8 | 13 | 11 | 11 | 9 | 14 | 12 | 8 | 7 | 7 | 6 |
| Vitamin B4 (Choline) | 8 | 7 | 11 | 9 | 10 | 8 | 18 | 15 | 4 | 3 | 2 | 2 |
| Coenzyme Q10 | 7 | 6 | 7 | 6 | 7 | 6 | 21 | 17 | 2 | 2 | 1 | 1 |
| Magnesium | 5 | 4 | 6 | 5 | 6 | 5 | 16 | 13 | 3 | 2 | 3 | 2 |
| Calcium | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 4 | 3 |
| Vitamin D | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 1 | 1 | 1 | 1 |

## Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Cholesterol | 28 | 23 | 28 | 23 | 28 | 23 | **113** | **94** | | | 56 | 46 |
| Palmitic acid (Saturated) | 24 | 20 | 24 | 20 | 24 | 20 | 37 | 31 | | | 48 | 40 |
| Stearic acid (Saturated) | 19 | 16 | 24 | 20 | 24 | 20 | 32 | 27 | | | 48 | 40 |
| Oleic acid (Omega-9) | 15 | 12 | 19 | 16 | 17 | 14 | 27 | 22 | | | 21 | 17 |

# Baked ham in parchment

Meat and chicken

A source of protein and healthy fats, this dish is rich in vitamins and minerals thanks to the spices and herbs. Its rich flavor makes it ideal for a keto diet and maintaining health.

**Equipment:**

Oven

**Servings: 8** (**1 serving** ≈ 157 grams)
**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| **Pork** | 1000 | |
| **Water** | 200 | |
| **Cooking salt** | 18 | 1 tbsp |
| **Garlic** | 15 | 3 pcs |
| **Mustard oil** | 15 | 1 tbsp |
| **Fresh thyme (thymus)** | 2 | |
| **Oregano** | 1.5 | 1 tsp |
| **Black pepper** | 0.8 | 1/3 tsp |
| **Bay leaf** | 0.6 | 2 pcs |
| **Yield:** | **1 253** g | |

| | 100 g |
|---|---|
| Protein | 20.1 |
| Digestible protein | 20 |
| Fats | 14 |
| Fiber | 0.1 |
| Net carbs | 0.4 |
| Fructose | 0 |
| Calories | 213 kcal |
| **Indexes** | |
| Glycemic index | 0 |
| Glycemic load | 0 |
| Insulin index, II | **16.4** |
| Inflammatory index, DII | 0.01 |
| Antioxidant, ORAC | 376 |

## Cooking time, min

| | |
|---|---|
| **Mix** | 5 |
| **Chill in the refrigerator** | 1 days |
| **Preparation** | 5 |
| **Bake in the oven** | 40 |
| **Bake in the oven** | 1 h |
| | **1 days 1 h 50 min** |

Mix water (200 ml), salt (1 tbsp), crushed garlic (3 cloves), bay leaves (2 pcs), black peppercorns (6–8 pcs), and oregano (1 tsp), stirring until the salt dissolves.

Place the pork neck (800–1000 g) in the marinade and refrigerate for 24 hours. Add thyme sprigs (2 pcs).

After a day, take the meat out, pat it dry, and rub it with mustard oil (1 tbsp).

Wrap the neck tightly in parchment paper.

Bake at 190 °C for 40 minutes, then reduce the temperature to 100 °C and simmer for another hour.

Let it cool completely and slice.

Digestion time: 4 hours

Complete protein: ✔

**Allowed on diets**

Keto, Paleo (Allowed on a non-strict version), Anti-Candida (ACP) (In a moderate version), GAPS (In the full version), Gluten-free Casein-free (GFCF), Specific Carbohydrate Diet (SCD) (In the expanded version), Ketogenic Therapeutic, Low Oxalate Diet (In a moderate version)

**Health benefits (8)**

- ✓ **Intimate health (circulation)**: B6
- ✓ **Improving brain function and memory**: B6
- ✓ **Photoprotection**: Collagen
- ✓ **Strong joints and bones**: Collagen
- ✓ **Nervous system (stress support)**: B1, Tryptophan
- ✓ **Skin, hair and nails**: Collagen
- ✓ **Sleep and relaxation**: Tryptophan
- ✓ **Skin support**: Collagen

## Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: baking.

### Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Fructose | | | | | | | | | | | | |
| Vitamin B1 | 49 | **77** | 54 | **85** | 42 | 66 | **99** | **155** | 30 | 47 | 1 | 2 |
| Collagen | 48 | **75** | 48 | **75** | 48 | **75** | 48 | **75** | 24 | 38 | 8 | 13 |
| Selenium | 38 | 60 | 38 | 60 | 35 | 55 | **70** | **110** | 21 | 33 | 5 | 8 |
| Chlorine | 38 | 60 | 38 | 60 | 38 | 60 | 45 | **71** | 38 | 60 | 10 | 16 |
| Vitamin B3 | 27 | 42 | 31 | 49 | 24 | 38 | 54 | **85** | 22 | 35 | 1 | 2 |
| Sodium | 26 | 41 | 26 | 41 | 26 | 41 | 50 | **79** | 24 | 38 | 12 | 19 |
| Vitamin B6 | 22 | 35 | 22 | 35 | 15 | 24 | 48 | **75** | 10 | 16 | 1 | 2 |
| Phosphorus | 21 | 33 | 21 | 33 | 21 | 33 | 30 | 47 | 15 | 24 | 7 | 11 |
| Vitamin B12 | 21 | 33 | 21 | 33 | 19 | 30 | 18 | 28 | 17 | 27 | 1 | 2 |
| Zinc | 20 | 31 | 27 | 42 | 20 | 31 | 44 | **69** | 4 | 6 | 4 | 6 |
| Iron | 12 | 19 | 5 | 8 | 4 | 6 | 10 | 16 | 6 | 9 | 2 | 3 |
| Vitamin B2 | 11 | 17 | 13 | 20 | 10 | 16 | 23 | 36 | 5 | 8 | 1 | 2 |
| Vitamin B5 | 10 | 16 | 10 | 16 | 8 | 13 | 17 | 27 | 5 | 8 | 1 | 2 |
| Potassium | 9 | 14 | 11 | 17 | 10 | 16 | 13 | 20 | 7 | 11 | 6 | 9 |
| Vitamin B4 (Choline) | 7 | 11 | 10 | 16 | 9 | 14 | 16 | 25 | 4 | 6 | 2 | 3 |
| Coenzyme Q10 | 7 | 11 | 7 | 11 | 7 | 11 | 20 | 31 | 2 | 3 | 1 | 2 |
| Vitamin D | 5 | 8 | 5 | 8 | 5 | 8 | 5 | 8 | 1 | 2 | 1 | 2 |

## Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Cholesterol | 28 | 44 | 28 | 44 | 28 | 44 | **112** | **176** | | | 56 | **88** |
| Palmitic acid (Saturated) | 24 | 38 | 24 | 38 | 24 | 38 | 37 | 58 | | | 48 | **75** |
| Erucic acid (Omega-9) | 22 | 35 | 43 | 68 | 43 | 68 | | | | | | |
| Stearic acid (Saturated) | 19 | 30 | 24 | 38 | 24 | 38 | 32 | 50 | | | 48 | **75** |
| Oleic acid (Omega-9) | 10 | 16 | 13 | 20 | 11 | 17 | 18 | 28 | | | 14 | 22 |

# Sandwiches and canapés

# Avocado and mushroom bruschetta

Sandwiches and canapés

A source of healthy fats and fiber, this dish supports heart health and helps reduce inflammation. The delicate flavor of avocado and mushrooms combined with crunchy flaxseed bread creates a harmony of textures and aromas. Perfect for a light snack or appetizer.

**Difficulty:** easy

Vegan dishes

| Ingredient | Amount, g | |
|---|---|---|
| Flax bread | 100 | |
| Avocado | 100 | 1/2 pcs |
| Mushroom | 50 | 2.5 pcs |
| Pine nut | 20 | |
| Lemon | 15 | 1/8 pcs |
| Olive oil | 15 | 1 tbsp |
| Sea salt | to taste | |
| Black pepper | to taste | |
| Paprika | to taste | |
| **Yield:** | **300** g | |

| | 100 g |
|---|---|
| Protein | 7.1 |
| Digestible protein | 4.2 |
| Fats | 23.7 |
| Fiber | 5.8 |
| Net carbs | 3 |
| Fructose | 0.1 |
| Calories | 257 kcal |
| **Indexes** | |
| Glycemic index | 11.1 |
| Glycemic load | 0.8 |
| Insulin index, II | **10.8** |
| Inflammatory index, DII | -0.38 |
| Antioxidant, ORAC | 3 283 |

## Cooking time, min

| | |
|---|---|
| **Fry** | 5 |
| **Preparation** | 5 |
| **Slice** | 10 |
| **Fry** | 10 |
| **Preparation** | 10 |
| | **40 min** |

Dry out the keto bread (2 slices) in a dry skillet until crispy.

Mash the flesh of the avocado (1/2 piece) with a fork. Drizzle the avocado with lemon juice (1 tbsp). Add paprika, salt, and freshly ground pepper to taste. Mix the avocado until creamy.

Clean and slice the mushrooms (50 g). Heat a skillet with olive oil (1 tbsp). Sauté the mushrooms over medium heat for about 8–10 minutes until golden and the liquid has evaporated. Season the mushrooms with salt and pepper to taste.

Spread the avocado paste on the warm bread. Top with the sautéed mushrooms. Sprinkle with pine nuts (2 tbsp).

Digestion time: 3 hours

Complete protein: ✔

**Allowed on diets**

Keto, Paleo (Allowed on a non-strict version), Mediterranean (In moderate amounts), Anti-Candida (ACP) (In a moderate version), FODMAP (During the reintroduction phase), Gluten-free Casein-free (GFCF), Ketogenic Therapeutic, FMD (allowed in a gentle FMD)

## Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: frying.

### Minerals, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Vitamin U | | | | | 1 | 1 |
| Fructose | | | | | | |
| Phytoestrogens | **2 171** | **1 303** | **1 303** | **32 563** | **1 303** | **217** |
| Prebiotics | 50 | 50 | 50 | **100** | | 50 |
| Manganese | 42 | 53 | 48 | 64 | 42 | 19 |
| Phosphorus | 24 | 24 | 24 | 33 | 17 | 8 |
| Iron | 22 | 10 | 7 | 18 | 12 | 4 |
| Magnesium | 17 | 22 | 20 | 54 | 12 | 9 |
| Fibers | 17 | 25 | 23 | 25 | | 16 |
| Selenium | 16 | 16 | 15 | 29 | 9 | 2 |
| Vitamin B5 | 16 | 16 | 13 | 26 | 8 | 1 |
| Copper | 15 | 15 | 13 | 30 | 9 | 4 |
| Vitamin E | 15 | 15 | 15 | 31 | 2 | 1 |
| Boron | 15 | 15 | 15 | 31 | | 5 |
| Vitamin B7 | 14 | 14 | 12 | 36 | 2 | 1 |
| Zinc | 13 | 17 | 13 | 28 | 3 | 3 |
| Vitamin B2 | 12 | 15 | 12 | 27 | 5 | 1 |
| Chlorine | 12 | 12 | 12 | 14 | 12 | 3 |
| Potassium | 11 | 14 | 13 | 16 | 9 | 7 |
| Vitamin B6 | 11 | 11 | 7 | 24 | 5 | 1 |
| Vitamin B3 | 10 | 11 | 9 | 20 | 8 | 1 |
| Vitamin B9 | 9 | 9 | 6 | 17 | 9 | 3 |
| Vitamin B1 | 9 | 10 | 8 | 18 | 5 | 1 |
| Vitamin K | 8 | 10 | 10 | 17 | 8 | 2 |
| Sodium | 8 | 8 | 8 | 15 | 7 | 4 |
| Vitamin B4 (Choline) | 7 | 9 | 8 | 15 | 4 | 2 |
| Vitamin C | 5 | 6 | 5 | 18 | 1 | 1 |

### Lipids, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Alpha-linolenic acid (Omega-3) | **115** | **168** | **132** | **205** | **92** | 61 |
| Oleic acid (Omega-9) | 28 | 35 | 32 | 50 | | 39 |
| Cholesterol | 23 | 23 | 23 | **90** | | 45 |
| Linoleic acid (Omega-6) | 17 | 24 | 22 | 41 | | 48 |
| Palmitic acid (Saturated) | 7 | 7 | 7 | 10 | | 13 |

# Avocado toast on keto bread

Sandwiches and canapés

A source of healthy fats, fiber, and antioxidants, this toast has a creamy texture and fresh flavor thanks to avocado and lemon. Perfect for maintaining energy and heart health.

**Servings: 2** (**1 serving** ≈ 183 grams)
**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| **Avocado** | 200 | 1 pcs |
| **Toast bread** | 80 | |
| **Olive oil** | 30 | 2 tbsp |
| **Lemon** | 30 | 1/4 pcs |
| **Cilantro** | 10 | |
| **Pine nut** | 10 | |
| **Garlic** | 5 | 1 pcs |
| **Cooking salt** | to taste | |
| **Optional ingredients:** | | |
| **Black pepper** | to taste | |
| **Yield:** | **365** g | |

| | 100 g |
|---|---|
| Protein | 4.6 |
| Digestible protein | 2.4 |
| Fats | 26.1 |
| Fiber | 4.9 |
| Net carbs | 3.2 |
| Fructose | 0.1 |
| Calories | 277 kcal |
| **Indexes** | |
| Glycemic index | 11.3 |
| Glycemic load | 0.4 |
| Insulin index, II | **9.6** |
| Inflammatory index, DII | -0.46 |
| Antioxidant, ORAC | 1 816 |

## Cooking time, min

| | |
|---|---|
| **Slice** | 3 |
| **Mix** | 2 |
| **Fry** | 5 |
| | **10 min** |

Avocado toast on keto bread – a quick breakfast or snack with soft avocado, cilantro, a hint of lemon, and toasted pine nuts. Instead of regular bread, ready-made keto bread is used here, so the recipe remains low-carb.

Prepare 2 slices of ready-made keto bread (80 g). It’s better to take toast bread or another neutral low-carb bread and lightly dry the slices in a toaster, on a grill, or in a dry pan.

Rub the hot toasts with a clove of garlic (5 g) so that the bread gets a light aroma but doesn’t become too sharp.

Cut the avocado (200 g) in half, remove the pit, scoop out the flesh with a spoon, and transfer it to a bowl. Add olive oil (30 g), lemon juice (30 g), finely chopped cilantro (10 g), and salt.

Mash the avocado with a fork into a coarse puree. Taste and add a bit more salt or lemon if necessary to make the flavor bright and fresh.

Toast the pine nuts (10 g) in a dry pan for a few minutes, stirring, until golden brown and fragrant.

Spread the avocado puree on the toasts, and sprinkle with the toasted pine nuts on top. Optionally, add freshly ground black pepper and serve immediately while the bread is not soggy.

Digestion time: 3 hours

Complete protein: ✔

**Allowed on diets**

Keto, Paleo (Allowed on a non-strict version), Mediterranean (In moderate amounts), Anti-Candida (ACP), Low Lectin Diet (In a moderate version), Gluten-free Casein-free (GFCF), Specific Carbohydrate Diet (SCD) (In the expanded version), Ketogenic Therapeutic

**Health benefits (5)**

✓ **Improving metabolism**: Fats

✓ **Women’s health and hormonal balance**: Oleic acid (Omega-9)

✓ **Liver health**: Glutathione

✓ **Lowering blood sugar**: Prebiotics

✓ **Detoxification**: Glutathione

# Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: frying.

## Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Vitamin U | | | | | | | | | 1 | 2 | 1 | 2 |
| Fructose | | | | | | | | | | | | |
| Prebiotics | 35 | 64 | 35 | 64 | 35 | 64 | 69 | **126** | | | 35 | 64 |
| Boron | 26 | 48 | 26 | 48 | 26 | 48 | 53 | **97** | | | 8 | 15 |
| Vitamin E | 25 | 46 | 25 | 46 | 25 | 46 | 54 | **99** | 4 | 7 | 1 | 2 |
| Manganese | 23 | 42 | 30 | 55 | 27 | 49 | 36 | 66 | 23 | 42 | 11 | 20 |
| Phosphorus | 15 | 27 | 15 | 27 | 15 | 27 | 21 | 38 | 10 | 18 | 5 | 9 |
| Fibers | 15 | 27 | 23 | 42 | 20 | 37 | 23 | 42 | | | 14 | 26 |
| Iron | 14 | 26 | 6 | 11 | 4 | 7 | 11 | 20 | 7 | 13 | 2 | 4 |
| Vitamin K | 14 | 26 | 19 | 35 | 19 | 35 | 31 | 57 | 14 | 26 | 3 | 5 |
| Vitamin B5 | 14 | 26 | 14 | 26 | 12 | 22 | 23 | 42 | 7 | 13 | 1 | 2 |
| Vitamin B2 | 13 | 24 | 15 | 27 | 12 | 22 | 28 | 51 | 6 | 11 | 1 | 2 |
| Vitamin B7 | 12 | 22 | 12 | 22 | 10 | 18 | 30 | 55 | 1 | 2 | 1 | 2 |
| Magnesium | 11 | 20 | 14 | 26 | 13 | 24 | 35 | 64 | 8 | 15 | 6 | 11 |
| Potassium | 11 | 20 | 15 | 27 | 13 | 24 | 17 | 31 | 10 | 18 | 8 | 15 |
| Vitamin B6 | 11 | 20 | 11 | 20 | 8 | 15 | 25 | 46 | 5 | 9 | 1 | 2 |
| Copper | 10 | 18 | 10 | 18 | 9 | 16 | 20 | 37 | 6 | 11 | 3 | 5 |
| Vitamin B9 | 10 | 18 | 10 | 18 | 7 | 13 | 20 | 37 | 10 | 18 | 4 | 7 |
| Vitamin A | 10 | 18 | 12 | 22 | 11 | 20 | 22 | 40 | 6 | 11 | 6 | 11 |
| Vitamin C | 9 | 16 | 10 | 18 | 9 | 16 | 31 | 57 | 2 | 4 | 1 | 2 |
| Zinc | 8 | 15 | 12 | 22 | 8 | 15 | 19 | 35 | 2 | 4 | 2 | 4 |
| Vitamin B3 | 7 | 13 | 8 | 15 | 6 | 11 | 14 | 26 | 6 | 11 | 1 | 2 |
| Selenium | 7 | 13 | 7 | 13 | 7 | 13 | 13 | 24 | 4 | 7 | 1 | 2 |
| Chlorine | 6 | 11 | 6 | 11 | 6 | 11 | 8 | 15 | 6 | 11 | 2 | 4 |
| Glutathione | 6 | 11 | 6 | 11 | 12 | 22 | 24 | 44 | 2 | 4 | 1 | 2 |
| Vitamin B4 (Choline) | 5 | 9 | 7 | 13 | 7 | 13 | 12 | 22 | 3 | 5 | 1 | 2 |
| Vitamin B1 | 5 | 9 | 6 | 11 | 4 | 7 | 10 | 18 | 3 | 5 | 1 | 2 |
| Vitamin B8 (Inositol) | 5 | 9 | 5 | 9 | 5 | 9 | 11 | 20 | 4 | 7 | 1 | 2 |

## Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Cholesterol | 52 | **95** | 52 | **95** | 52 | **95** | **207** | **379** | | | **103** | **188** |
| Oleic acid (Omega-9) | 34 | 62 | 42 | **77** | 38 | **70** | 61 | **112** | | | 47 | **86** |
| Palmitic acid (Saturated) | 15 | 27 | 15 | 27 | 15 | 27 | 23 | 42 | | | 29 | 53 |
| Linoleic acid (Omega-6) | 12 | 22 | 17 | 31 | 15 | 27 | 29 | 53 | | | 33 | 60 |
| Stearic acid (Saturated) | 8 | 15 | 9 | 16 | 9 | 16 | 13 | 24 | | | 19 | 35 |

# Chia Caviar with Nori

Sandwiches and canapés

A source of omega-3 fatty acids and fiber, this dish supports heart and digestive health. Nori adds a unique flavor and minerals, while olive oil enhances antioxidant properties.

**Servings: 4** (**1 serving** ≈ 55 grams)
**Difficulty:** very easy

Vegan dishes

| Ingredient | Amount, g | |
|---|---|---|
| **Water** | 120 | 8 tbsp |
| **Soy sauce (sugar-free)** | 45 | 3 tbsp |
| **Olive oil** | 30 | 2 tbsp |
| **Chia seeds** ↺ | 20 | 1.3 tbsp |
| **Nori** | 5 | |
| **Yield:** | **220** g | |

| | 100 g |
|---|---|
| Protein | 4 |
| Digestible protein | 1.3 |
| Fats | 16.4 |
| Fiber | 3.1 |
| Net carbs | 2.1 |
| Calories | 181 kcal |
| **Indexes** | |
| Glycemic index | 0.1 |
| Glycemic load | 0.1 |
| Insulin index, II | **5.3** |
| Inflammatory index, DII | -0.12 |
| Antioxidant, ORAC | 1 362 |

## Cooking time, min

| | |
|---|---|
| **Let stand** | 2 h |
| **Mix** | 5 |
| | **2 h 5 min** |

Soak chia seeds (20 g) in warm water (120 g), stir, and let sit for 1-2 hours until they swell and resemble caviar.

Finely crumble or grind the nori sheets (5 g).

Add the nori to the chia along with unsweetened soy sauce (45 g) and olive oil (30 g). Mix and taste: add a little more soy sauce if necessary.

Serve as a spread or savory snack.

## Substitution options

- **Chia seeds:** Flaxseed flour - 60% flour plus 40% psyllium. The combination creates a gel, stabilizes emulsions, and adds omega-3. Psyllium swells faster—add liquid by 10% and allow time to bind.

Digestion time: 2 hours

**Allowed on diets**

Keto, Paleo (Allowed on a non-strict version), Mediterranean (In moderate amounts), Anti-Candida (ACP) (In a moderate version), FODMAP, DASH (In a light version), Ketogenic Therapeutic

# Nutrients, % of the recommended daily intake

## Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Iodine | **351** | **193** | **351** | **193** | **239** | **131** | **585** | **322** | **263** | **145** | 53 | 29 |
| Sodium | 50 | 28 | 50 | 28 | 50 | 28 | **96** | 53 | 46 | 25 | 23 | 13 |
| Prebiotics | 31 | 17 | 31 | 17 | 31 | 17 | 62 | 34 | | | 31 | 17 |
| GABA | 16 | 9 | 16 | 9 | 16 | 9 | **82** | 45 | 16 | 9 | 5 | 3 |
| Vitamin E | 14 | 8 | 14 | 8 | 14 | 8 | 29 | 16 | 2 | 1 | 1 | 1 |
| Iron | 12 | 7 | 5 | 3 | 4 | 2 | 10 | 6 | 6 | 3 | 2 | 1 |
| Phosphorus | 12 | 7 | 12 | 7 | 12 | 7 | 17 | 9 | 8 | 4 | 4 | 2 |
| Manganese | 10 | 6 | 13 | 7 | 12 | 7 | 15 | 8 | 10 | 6 | 5 | 3 |
| Magnesium | 10 | 6 | 14 | 8 | 12 | 7 | 33 | 18 | 7 | 4 | 5 | 3 |
| Fibers | 10 | 6 | 16 | 9 | 14 | 8 | 16 | 9 | | | 10 | 6 |
| Calcium | 7 | 4 | 7 | 4 | 7 | 4 | 7 | 4 | 7 | 4 | 5 | 3 |
| Vitamin B3 | 7 | 4 | 8 | 4 | 7 | 4 | 15 | 8 | 6 | 3 | 1 | 1 |
| Vitamin B1 | 7 | 4 | 8 | 4 | 6 | 3 | 15 | 8 | 4 | 2 | 1 | 1 |
| Vitamin B6 | 5 | 3 | 5 | 3 | 3 | 2 | 10 | 6 | 2 | 1 | 1 | 1 |
| Vitamin B2 | 5 | 3 | 6 | 3 | 5 | 3 | 11 | 6 | 2 | 1 | 1 | 1 |

## Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Alpha-linolenic acid (Omega-3) | **101** | 56 | **147** | **81** | **116** | 64 | **180** | **99** | **81** | 45 | 54 | 30 |
| Oleic acid (Omega-9) | 34 | 19 | 43 | 24 | 39 | 21 | 61 | 34 | | | 47 | 26 |
| Linoleic acid (Omega-6) | 18 | 10 | 25 | 14 | 23 | 13 | 43 | 24 | | | 50 | 28 |
| Palmitic acid (Saturated) | 9 | 5 | 9 | 5 | 9 | 5 | 14 | 8 | | | 18 | 10 |

# Crab and avocado bruschetta

Sandwiches and canapés

A source of protein and healthy fats, this dish supports heart health and promotes satiety. The delicious combination of crab and avocado with sun-dried tomatoes creates a vibrant and fresh flavor, perfect for a light snack.

**Servings: 2** (**1 serving** ≈ 178 grams)
**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| Crab meat | 100 | |
| Avocado | 100 | 1/2 pcs |
| Mayonnaise (homemade or sugar-free) | 54 | 3 tbsp |
| Flax bread | 50 | |
| Sun-dried tomatoes | 32 | 5.3 tbsp |
| Green onion | 10 | 1.4 pcs |
| Iceberg lettuce | 10 | 1/8 pcs |
| **Optional ingredients:** | | |
| Lemon | 5 | 1/8 pcs |
| **Yield:** | **356** g | |

| | 100 g |
|---|---|
| Protein | 9.2 |
| Digestible protein | 6.6 |
| Fats | 19.9 |
| Fiber | 3.9 |
| Net carbs | 5.8 |
| Fructose | 0.2 |
| Calories | 243 kcal |
| **Indexes** | |
| Glycemic index | 7.1 |
| Glycemic load | 0.9 |
| Insulin index, II | **17.2** |
| Inflammatory index, DII | -0.28 |
| Antioxidant, ORAC | 2 218 |

## Cooking time, min

| | |
|---|---|
| **Fry** | 7 |
| **Slice** | 15 |
| **Mix** | 5 |
| | **27 min** |

Dry the keto bread (2 slices) in a pan or in the oven at 180°C for 5–7 minutes until golden brown.

Shred the crab meat (100 g) with a fork. Finely chop the sun-dried tomatoes (3–4 pieces).

Mix the crab with the sun-dried tomatoes and homemade mayonnaise (2–3 tbsp). Season with salt and add freshly ground black pepper to taste.

Slice the avocado (1/2 piece) thinly. Finely chop the green onion (a few stalks).

Spread a thin layer of mayonnaise on the bread. Place the lettuce leaves (a few pieces). Add the avocado slices. Top with the crab mixture with mayonnaise. Sprinkle with green onion. Serve immediately after preparation.

> For a richer flavor, add a bit of lemon juice to the crab mixture.

Digestion time: 3 hours

Complete protein: ✔

**Allowed on diets**

Keto (In a small amount), Paleo (Allowed on a non-strict version), Mediterranean (In moderate amounts), Anti-Candida (ACP) (In a moderate version), Gluten-free Casein-free (GFCF), Ketogenic Therapeutic

**Health benefits (3)**

✓ **Nervous system (stress support)**: Tryptophan

✓ **Men’s strength and endurance**: DHA (Omega-3)

✓ **Sleep and relaxation**: Tryptophan

# Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: frying.

## Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Vitamin U | | | | | | | | | 1 | 2 | 1 | 2 |
| Fructose | | | | | | | | | | | | |
| Phytoestrogens | **915** | **1 629** | **549** | **977** | **549** | **977** | **13 727** | **24 434** | **549** | **977** | **92** | **164** |
| Prebiotics | 29 | 52 | 29 | 52 | 29 | 52 | 59 | **105** | | | 29 | 52 |
| Selenium | 24 | 43 | 24 | 43 | 22 | 39 | 45 | **80** | 13 | 23 | 3 | 5 |
| Phosphorus | 23 | 41 | 23 | 41 | 23 | 41 | 32 | 57 | 16 | 28 | 8 | 14 |
| Sodium | 20 | 36 | 20 | 36 | 20 | 36 | 38 | 68 | 18 | 32 | 9 | 16 |
| Manganese | 14 | 25 | 17 | 30 | 16 | 28 | 21 | 37 | 14 | 25 | 6 | 11 |
| Vitamin B5 | 13 | 23 | 13 | 23 | 11 | 20 | 22 | 39 | 7 | 12 | 1 | 2 |
| Zinc | 12 | 21 | 17 | 30 | 12 | 21 | 26 | 46 | 3 | 5 | 3 | 5 |
| Iron | 12 | 21 | 5 | 9 | 4 | 7 | 10 | 18 | 6 | 11 | 2 | 4 |
| Potassium | 12 | 21 | 16 | 28 | 14 | 25 | 18 | 32 | 10 | 18 | 8 | 14 |
| Vitamin B6 | 12 | 21 | 12 | 21 | 8 | 14 | 26 | 46 | 5 | 9 | 1 | 2 |
| Copper | 11 | 20 | 11 | 20 | 10 | 18 | 23 | 41 | 7 | 12 | 3 | 5 |
| Magnesium | 11 | 20 | 14 | 25 | 12 | 21 | 35 | 62 | 7 | 12 | 6 | 11 |
| Vitamin B12 | 11 | 20 | 11 | 20 | 10 | 18 | 10 | 18 | 9 | 16 | 1 | 2 |
| Vitamin B3 | 11 | 20 | 13 | 23 | 10 | 18 | 23 | 41 | 9 | 16 | 1 | 2 |
| Vitamin K | 11 | 20 | 15 | 27 | 15 | 27 | 25 | 45 | 11 | 20 | 3 | 5 |
| Boron | 11 | 20 | 11 | 20 | 11 | 20 | 23 | 41 | | | 3 | 5 |
| Fibers | 10 | 18 | 15 | 27 | 14 | 25 | 15 | 27 | | | 10 | 18 |
| Vitamin E | 9 | 16 | 9 | 16 | 9 | 16 | 19 | 34 | 1 | 2 | 1 | 2 |
| Vitamin B9 | 9 | 16 | 9 | 16 | 6 | 11 | 18 | 32 | 9 | 16 | 4 | 7 |
| Vitamin B2 | 8 | 14 | 10 | 18 | 8 | 14 | 18 | 32 | 4 | 7 | 1 | 2 |
| Vitamin B1 | 8 | 14 | 8 | 14 | 7 | 12 | 15 | 27 | 5 | 9 | 1 | 2 |
| Acetylcholine | 6 | 11 | 7 | 12 | 7 | 12 | 12 | 21 | 3 | 5 | 2 | 4 |
| Vitamin C | 6 | 11 | 7 | 12 | 7 | 12 | 22 | 39 | 1 | 2 | 1 | 2 |
| Iodine | 6 | 11 | 6 | 11 | 4 | 7 | 10 | 18 | 4 | 7 | 1 | 2 |
| Vitamin B7 | 6 | 11 | 6 | 11 | 5 | 9 | 14 | 25 | 1 | 2 | 1 | 2 |
| Chlorine | 5 | 9 | 5 | 9 | 5 | 9 | 6 | 11 | 5 | 9 | 1 | 2 |

## Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Alpha-linolenic acid (Omega-3) | 53 | **94** | **78** | **139** | 61 | **109** | **95** | **169** | 43 | **77** | 29 | 52 |
| Cholesterol | 25 | 45 | 25 | 45 | 25 | 45 | **102** | **182** | | | 51 | **91** |
| DHA | 20 | 36 | 20 | 36 | 33 | 59 | 39 | **69** | | | 5 | 9 |
| EPA | 13 | 23 | 13 | 23 | 21 | 37 | 32 | 57 | | | 2 | 4 |
| Oleic acid (Omega-9) | 13 | 23 | 16 | 28 | 14 | 25 | 23 | 41 | | | 18 | 32 |
| Palmitic acid (Saturated) | 6 | 11 | 6 | 11 | 6 | 11 | 9 | 16 | | | 11 | 20 |
| Linoleic acid (Omega-6) | 5 | 9 | 8 | 14 | 7 | 12 | 13 | 23 | | | 15 | 27 |

# Fish and seafood

# Avocado with tuna

Fish and seafood

A source of healthy fats and protein, this dish supports the cardiovascular system and promotes satiety. The refreshing taste of lemon and spices make it ideal for a light snack.

**Servings: 2** (**1 serving** ≈ 176 grams)
**Difficulty:** very easy

| Ingredient | Amount, g | |
|---|---|---|
| **Avocado** | 200 | 1 pcs |
| **Tuna** | 100 | |
| **Lemon** | 30 | 1/4 pcs |
| **Mayonnaise (homemade or sugar-free)** | 15 | 2.5 tsp |
| **Himalayan salt** | 5 | 1 tsp |
| **Black pepper** | 2 | 1 tsp |
| **Optional ingredients:** | | |
| **Paprika** | to taste | |
| **Garlic** | to taste | |
| **Ginger** | to taste | |
| **Dill** | 10 | 10 |
| **Yield:** | **352** g | |

| | 100 g |
|---|---|
| Protein | 9.6 |
| Digestible protein | 8.2 |
| Fats | 11.8 |
| Fiber | 4.1 |
| Net carbs | 2 |
| Fructose | 0.1 |
| Calories | 157 kcal |
| **Indexes** | |
| Glycemic index | 10.2 |
| Glycemic load | 0.3 |
| Insulin index, II | **9.6** |
| Inflammatory index, DII | -0.39 |
| Antioxidant, ORAC | 1 420 |

## Cooking time, min

| | |
|---|---|
| **Mix** | 5 |
| | **5 min** |

Carefully cut the avocado (1 piece) in half lengthwise and remove the pit. To create more space for the filling, gently scoop out some of the flesh with a spoon.

In a bowl, combine canned tuna (100-150 g) with mayonnaise (1-2 tbsp). Then add the juice of half a lemon, a little salt, and pepper. Mix all the ingredients well.

Fill the avocado halves with the filling.

Garnish the dish with fresh herbs, such as parsley or dill.

Digestion time: 3 hours

Complete protein: ✔

**Allowed on diets**

Keto, Paleo (Allowed on a non-strict version), Mediterranean (In moderate amounts), Anti-Candida (ACP) (In a moderate version), FODMAP (During the reintroduction phase), DASH (In a light version), GAPS (In the full version), Gluten-free Casein-free (GFCF), Specific Carbohydrate Diet (SCD) (In the expanded version), Ketogenic Therapeutic, Low Oxalate Diet (In a moderate version)

**Health benefits (7)**

✓ **Intimate health (circulation)**: B6

✓ **Improving brain function and memory**: B6

✓ **Men’s strength and endurance**: DHA (Omega-3)

✓ **Liver health**: Glutathione

✓ **Lowering blood sugar**: Prebiotics

✓ **Sleep and relaxation**: Tryptophan

✓ **Detoxification**: Glutathione

# Nutrients, % of the recommended daily intake

## Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Vitamin U | | | | | | | | | 1 | 2 | 1 | 2 |
| Fructose | | | | | | | | | | | | |
| Prebiotics | 40 | **70** | 40 | **70** | 40 | **70** | **80** | **141** | | | 40 | **70** |
| Selenium | 37 | 65 | 37 | 65 | 34 | 60 | 68 | **120** | 20 | 35 | 5 | 9 |
| Chlorine | 37 | 65 | 37 | 65 | 37 | 65 | 45 | **79** | 37 | 65 | 10 | 18 |
| Vitamin B3 | 30 | 53 | 34 | 60 | 26 | 46 | 59 | **104** | 24 | 42 | 1 | 2 |
| Vitamin B6 | 28 | 49 | 28 | 49 | 19 | 33 | 60 | **106** | 12 | 21 | 1 | 2 |
| Sodium | 28 | 49 | 28 | 49 | 28 | 49 | 55 | **97** | 26 | 46 | 13 | 23 |
| Vitamin B12 | 26 | 46 | 26 | 46 | 24 | 42 | 23 | 40 | 21 | 37 | 1 | 2 |
| Boron | 20 | 35 | 20 | 35 | 20 | 35 | 41 | **72** | | | 6 | 11 |
| Vitamin B5 | 18 | 32 | 18 | 32 | 15 | 26 | 30 | 53 | 9 | 16 | 1 | 2 |
| Phosphorus | 17 | 30 | 17 | 30 | 17 | 30 | 24 | 42 | 12 | 21 | 6 | 11 |
| Vitamin K | 12 | 21 | 15 | 26 | 15 | 26 | 25 | 44 | 12 | 21 | 3 | 5 |
| Vitamin B9 | 12 | 21 | 12 | 21 | 8 | 14 | 24 | 42 | 12 | 21 | 5 | 9 |
| Vitamin E | 11 | 19 | 11 | 19 | 11 | 19 | 23 | 40 | 2 | 4 | 1 | 2 |
| Vitamin C | 11 | 19 | 14 | 25 | 12 | 21 | 41 | **72** | 2 | 4 | 1 | 2 |
| Fibers | 11 | 19 | 17 | 30 | 15 | 26 | 17 | 30 | | | 10 | 18 |
| Iron | 10 | 18 | 5 | 9 | 3 | 5 | 8 | 14 | 6 | 11 | 2 | 4 |
| Potassium | 10 | 18 | 14 | 25 | 12 | 21 | 15 | 26 | 9 | 16 | 7 | 12 |
| Vitamin B2 | 8 | 14 | 9 | 16 | 7 | 12 | 17 | 30 | 3 | 5 | 1 | 2 |
| Vitamin B7 | 8 | 14 | 8 | 14 | 6 | 11 | 19 | 33 | 1 | 2 | 1 | 2 |
| Glutathione | 8 | 14 | 8 | 14 | 16 | 28 | 32 | 56 | 3 | 5 | 2 | 4 |
| Molybdenum | 8 | 14 | 8 | 14 | 7 | 12 | 15 | 26 | | | 1 | 2 |
| Zinc | 6 | 11 | 8 | 14 | 6 | 11 | 13 | 23 | 1 | 2 | 1 | 2 |
| Magnesium | 6 | 11 | 8 | 14 | 7 | 12 | 21 | 37 | 4 | 7 | 3 | 5 |
| Vitamin B8 (Inositol) | 6 | 11 | 6 | 11 | 6 | 11 | 11 | 19 | 4 | 7 | 1 | 2 |
| Vitamin B15 | 6 | 11 | 6 | 11 | 3 | 5 | 11 | 19 | | | 1 | 2 |
| Iodine | 6 | 11 | 6 | 11 | 4 | 7 | 10 | 18 | 4 | 7 | 1 | 2 |
| Vitamin B4 (Choline) | 5 | 9 | 6 | 11 | 6 | 11 | 11 | 19 | 3 | 5 | 1 | 2 |

## Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| DHA (Omega-3) | 28 | 49 | 28 | 49 | 47 | **83** | 57 | **100** | | | 7 | 12 |
| EPA (Omega-3) | 11 | 19 | 11 | 19 | 19 | 33 | 28 | 49 | | | 2 | 4 |
| Cholesterol | 10 | 18 | 10 | 18 | 10 | 18 | 41 | **72** | | | 20 | 35 |
| Alpha-linolenic acid (Omega-3) | 6 | 11 | 9 | 16 | 7 | 12 | 11 | 19 | 5 | 9 | 3 | 5 |
| Oleic acid (Omega-9) | 5 | 9 | 6 | 11 | 5 | 9 | 8 | 14 | | | 6 | 11 |

# Baked mackerel stuffed with cheese

Fish and seafood

Baked mackerel with feta cheese, a source of omega-3 fatty acids and protein, supports heart and brain health. Dill and lemon add freshness and aroma, enhancing the flavor qualities.

**Servings: 4** (**1 serving** ≈ 119 grams)
**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| **Mackerel** | 400 | 1 pcs |
| **Feta** | 50 | 3.3 tbsp |
| **Dill** | 10 | |
| **Mustard (without sugar)** | 5 | 3/4 tsp |
| **Garlic** | 5 | 1 pcs |
| **Lemon** | 5 | 1/8 pcs |
| **Cooking salt** | to taste | |
| **Black pepper** | to taste | |
| **Yield:** | **475** g | |

| | 100 g |
|---|---|
| Protein | 16.9 |
| Digestible protein | 16.7 |
| Fats | 14.1 |
| Fiber | 0.1 |
| Net carbs | 0.9 |
| Fructose | 0 |
| Calories | 204 kcal |
| **Indexes** | |
| Glycemic index | 0.5 |
| Glycemic load | 0.1 |
| Insulin index, II | **25.8** |
| Inflammatory index, DII | -0.33 |
| Antioxidant, ORAC | 173 |

## Cooking time, min

| | |
|---|---|
| **Preparation** | 20 |
| **Mix dry ingredients** | 10 |
| **Preparation** | 5 |
| **Bake** | 18 |
| | **53 min** |

Rinse the mackerel (1 piece). Pat dry with paper towels. Make a cut along the belly. Remove the insides and thoroughly rinse the cavity. Cut off the head. If desired, remove the tail.

Place the fish with the back side up. Make a deep longitudinal cut along the spine from head to tail.

Open the fish like a book. Use your fingers to separate the meat from the spine on one side. Lift the spine at the base of the head. Pull it towards the tail, using a knife to help cut the meat along the bones.

Remove the rib bones by slicing them off in thin layers. Use tweezers to remove small bones. Leave two fillets connected by the skin.

> If it’s difficult to extract the spine, split the fish into two fillets and remove the bones separately.

In a bowl, mix feta cheese (50 g), mustard (1 tsp), minced garlic (5 g), lemon juice (5 g), and dill (10 g). Mash into a paste.

Spread the filling on one fillet. Cover with the second fillet. Lightly press down and shape into a whole fish. Line a baking sheet with parchment paper. Place the fish belly side down. Season with salt and pepper to taste.

Bake at 180–190 °C for 15–18 minutes until cooked through. Serve hot or warm. If desired, drizzle with lemon juice.

Digestion time: 3 hours

Complete protein: ✔

**Allowed on diets**

Keto, Paleo (Allowed on a non-strict version), Mediterranean (In moderate amounts), Anti-Candida (ACP) (In a moderate version), DASH (In a light version), Ketogenic Therapeutic, Low Oxalate Diet (In a moderate version)

**Health benefits (19)**

✓ **Boosting testosterone**: Selenium, D, Zinc
✓ **Intimate health (circulation)**: B3, B6, B12
✓ **Virus protection**: D, Zinc
✓ **Boosting immunity**: D
✓ **Thyroid support**: Selenium, Zinc, DHA (Omega-3)
✓ **Improving metabolism**: Selenium, Zinc
✓ **Improving brain function and memory**: DHA (Omega-3), B6, B12
✓ **Photoprotection**: DHA (Omega-3)
✓ **Heart and vascular health**: EPA (Omega-3)
✓ **Strong joints and bones**: EPA (Omega-3)
✓ **Nervous system (stress support)**: B6, Tryptophan
✓ **Women’s health and hormonal balance**: DHA (Omega-3), EPA (Omega-3), D, Zinc
✓ **Men’s strength and endurance**: Zinc, D, DHA (Omega-3)
✓ **Reducing inflammation**: EPA (Omega-3), D
✓ **Lowering blood sugar**: Zinc
✓ **Skin, hair and nails**: DHA (Omega-3)
✓ **Sleep and relaxation**: Tryptophan
✓ **Improving vision**: DHA (Omega-3)
✓ **Skin support**: DHA (Omega-3)

# Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: baking.

## Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Fructose | | | | | | | | | | | | |
| Vitamin B12 | **607** | **722** | **607** | **722** | **560** | **666** | **520** | **619** | **485** | **577** | 1 | 1 |
| Selenium | **71** | **84** | **71** | **84** | 65 | **77** | **129** | **154** | 39 | 46 | 10 | 12 |
| Vitamin D | 54 | 64 | 54 | 64 | 54 | 64 | 54 | 64 | 9 | 11 | 9 | 11 |
| Vitamin B6 | 52 | 62 | 52 | 62 | 36 | 43 | **114** | **136** | 23 | 27 | 1 | 1 |
| Zinc | 44 | 52 | 60 | **71** | 44 | 52 | **96** | **114** | 10 | 12 | 10 | 12 |
| Vitamin B3 | 41 | 49 | 47 | 56 | 36 | 43 | **82** | **98** | 33 | 39 | 1 | 1 |
| Phosphorus | 40 | 48 | 40 | 48 | 40 | 48 | 55 | 65 | 28 | 33 | 14 | 17 |
| Vitamin B2 | 26 | 31 | 31 | 37 | 24 | 29 | 57 | 68 | 11 | 13 | 1 | 1 |
| Iron | 20 | 24 | 9 | 11 | 6 | 7 | 16 | 19 | 10 | 12 | 3 | 4 |
| Magnesium | 20 | 24 | 27 | 32 | 24 | 29 | 65 | **77** | 14 | 17 | 11 | 13 |
| Vitamin A | 20 | 24 | 26 | 31 | 24 | 29 | 45 | 54 | 12 | 14 | 12 | 14 |
| Potassium | 12 | 14 | 15 | 18 | 14 | 17 | 17 | 20 | 10 | 12 | 8 | 10 |
| Vitamin B5 | 10 | 12 | 10 | 12 | 9 | 11 | 17 | 20 | 5 | 6 | 1 | 1 |
| Vitamin B1 | 10 | 12 | 11 | 13 | 9 | 11 | 21 | 25 | 6 | 7 | 1 | 1 |
| Vitamin E | 9 | 11 | 9 | 11 | 9 | 11 | 18 | 21 | 1 | 1 | 1 | 1 |
| Sodium | 8 | 10 | 8 | 10 | 8 | 10 | 16 | 19 | 7 | 8 | 4 | 5 |
| Manganese | 8 | 10 | 10 | 12 | 9 | 11 | 12 | 14 | 8 | 10 | 4 | 5 |
| Iodine | 8 | 10 | 8 | 10 | 6 | 7 | 13 | 15 | 6 | 7 | 1 | 1 |
| Calcium | 7 | 8 | 7 | 8 | 7 | 8 | 7 | 8 | 7 | 8 | 6 | 7 |
| Vitamin B4 (Choline) | 6 | 7 | 7 | 8 | 7 | 8 | 12 | 14 | 3 | 4 | 2 | 2 |
| Probiotics | 5 | 6 | 5 | 6 | 5 | 6 | 9 | 11 | | | 1 | 1 |

## Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| EPA (Omega-3) | **301** | **358** | **301** | **358** | **501** | **596** | **752** | **895** | | | 50 | 60 |
| DHA (Omega-3) | **269** | **320** | **269** | **320** | **449** | **534** | **539** | **641** | | | 67 | **80** |
| Cholesterol | 33 | 39 | 33 | 39 | 33 | 39 | **134** | **159** | | | 67 | **80** |
| Oleic acid (Omega-9) | 11 | 13 | 13 | 15 | 12 | 14 | 19 | 23 | | | 15 | 18 |
| Arachidonic acid (AA, Omega-6) | 8 | 10 | 24 | 29 | 16 | 19 | 48 | 57 | | | 5 | 6 |
| Palmitic acid (Saturated) | 8 | 10 | 8 | 10 | 8 | 10 | 12 | 14 | | | 16 | 19 |
| Stearic acid (Saturated) | 7 | 8 | 8 | 10 | 8 | 10 | 11 | 13 | | | 17 | 20 |
| Alpha-linolenic acid (Omega-3) | 5 | 6 | 7 | 8 | 5 | 6 | 8 | 10 | 4 | 5 | 2 | 2 |

# Baked mussels with crispy topping in an air fryer

Fish and seafood

A source of protein and omega-3 fatty acids, baked mussels with a crispy almond crust have a vibrant flavor thanks to lime and teriyaki sauce. This dish is perfect for maintaining heart health and weight management.

**Equipment:**

Air fryer

**Servings: 2** (**1 serving** ≈ 365 grams)
**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| Mussels | 500 | |
| Mayonnaise (homemade or sugar-free) | 75 | 4.2 tbsp |
| Lime | 60 | 3/4 pcs |
| Teriyaki sauce (sugar-free) ↺ | 45 | 3 tbsp |
| Almond flour | 35 | 2.9 tbsp |
| Parmesan | 15 | 1 tbsp |
| Chile | to taste | |
| Cooking salt | to taste | |
| Black pepper | to taste | |
| **Yield:** | **730** g | |

| | 100 g |
|---|---|
| Protein | 14.1 |
| Digestible protein | 12.1 |
| Fats | 11.9 |
| Fiber | 0.5 |
| Net carbs | 5.2 |
| Fructose | 0.1 |
| Calories | 173 kcal |
| **Indexes** | |
| Glycemic index | 4.2 |
| Glycemic load | 0.4 |
| Insulin index, II | **19.9** |
| Inflammatory index, DII | -0.36 |
| Antioxidant, ORAC | 390 |

## Cooking time, min

| | |
|---|---|
| **Slice** | 10 |
| **Mix** | 5 |
| **Bake in the air fryer** | 10 |
| | **25 min** |

Fresh or thawed mussels in shells (500 g), rinse them. Remove the “beards,” detach the mussels from the shells, and keep the whole shell halves. Cut a few wedges from the lime (1 piece, about 60 g) for serving, then zest the remaining lime and squeeze out the juice.

Place 2-3 mussels in each shell half. Arrange the shells in a single layer in the air fryer basket. Lightly salt, pepper, and drizzle with lime juice.

Mix sugar-free mayonnaise (75 g), sugar-free teriyaki sauce (45 g), and chili (to taste). Spread about half of the sauce in a thin layer over the mussels.

Combine almond flour (35 g), grated parmesan (15 g), a pinch of salt, black pepper, and lime zest. Sprinkle the crispy mixture over the mussels.

Preheat the air fryer to 190 °C. Bake the mussels for 5 minutes until the topping is golden brown. If all the mussels do not fit in a single layer, prepare a second batch for another 5 minutes.

Serve the mussels immediately, hot, with lime wedges.

## Substitution options

- **Teriyaki sauce (sugar-free):** Soy sauce (sugar-free) - The fermented taste conveys umami; if desired, add the sweetener allulose for balance.

Digestion time: 3 hours

Complete protein: ✔

### Allowed on diets

Keto, Paleo (Allowed on a non-strict version), Mediterranean (In moderate amounts), Anti-Candida (ACP) (In a moderate version), FODMAP (During the reintroduction phase), Ketogenic Therapeutic

### Health benefits (16)

- ✓ **Boosting testosterone**: Selenium
- ✓ **Intimate health (circulation)**: B12
- ✓ **Thyroid support**: Iodine, Selenium, DHA (Omega-3)
- ✓ **Improving metabolism**: Iodine, Selenium
- ✓ **Improving brain function and memory**: DHA (Omega-3), B12
- ✓ **Photoprotection**: DHA (Omega-3)
- ✓ **Heart and vascular health**: EPA (Omega-3)
- ✓ **Strong joints and bones**: EPA (Omega-3)
- ✓ **Nervous system (stress support)**: Tryptophan
- ✓ **Women's health and hormonal balance**: DHA (Omega-3), EPA (Omega-3), Iodine
- ✓ **Men's strength and endurance**: DHA (Omega-3)
- ✓ **Reducing inflammation**: EPA (Omega-3)
- ✓ **Skin, hair and nails**: DHA (Omega-3)
- ✓ **Sleep and relaxation**: Tryptophan
- ✓ **Improving vision**: DHA (Omega-3)
- ✓ **Skin support**: DHA (Omega-3)

## Nutrients, % of the recommended daily intake

### Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Fructose | | | | | | | | | | | | |
| Vitamin B12 | **573** | **2 091** | **573** | **2 091** | **529** | **1 931** | **491** | **1 792** | **458** | **1 672** | 1 | 4 |
| Vanadium | **114** | **416** | **114** | **416** | **114** | **416** | **343** | **1 252** | | | 34 | **124** |
| Iodine | 64 | **234** | 64 | **234** | 44 | **161** | **107** | **391** | 48 | **175** | 10 | 37 |
| Selenium | 57 | **208** | 57 | **208** | 52 | **190** | **104** | **380** | 31 | **113** | 8 | 29 |
| Iron | 38 | **139** | 17 | 62 | 11 | 40 | 30 | **110** | 20 | **73** | 6 | 22 |
| Phosphorus | 29 | **106** | 29 | **106** | 29 | **106** | 41 | **150** | 21 | **77** | 10 | 37 |
| Sodium | 21 | **77** | 21 | **77** | 21 | **77** | 40 | **146** | 19 | **69** | 10 | 37 |
| Vitamin E | 16 | 58 | 16 | 58 | 16 | 58 | 35 | **128** | 2 | 7 | 1 | 4 |
| Vitamin B2 | 14 | 51 | 16 | 58 | 13 | 47 | 30 | **110** | 6 | 22 | 1 | 4 |
| Vitamin K2 | 13 | 47 | 18 | 66 | 18 | 66 | 29 | **106** | | | 5 | 18 |
| Zinc | 12 | 44 | 17 | 62 | 12 | 44 | 27 | **99** | 3 | 11 | 3 | 11 |
| Magnesium | 11 | 40 | 14 | 51 | 12 | 44 | 34 | **124** | 7 | 26 | 6 | 22 |
| Vitamin B6 | 10 | 37 | 10 | 37 | 7 | 26 | 21 | **77** | 4 | 15 | 1 | 4 |
| Vitamin B4 (Choline) | 9 | 33 | 12 | 44 | 11 | 40 | 20 | **73** | 5 | 18 | 2 | 7 |
| Vitamin C | 9 | 33 | 10 | 37 | 9 | 33 | 31 | **113** | 2 | 7 | 1 | 4 |
| Vitamin B5 | 9 | 33 | 9 | 33 | 7 | 26 | 15 | 55 | 4 | 15 | 1 | 4 |
| Manganese | 8 | 29 | 10 | 37 | 9 | 33 | 12 | 44 | 8 | 29 | 4 | 15 |
| Potassium | 8 | 29 | 10 | 37 | 9 | 33 | 12 | 44 | 7 | 26 | 5 | 18 |
| Calcium | 8 | 29 | 8 | 29 | 8 | 29 | 8 | 29 | 8 | 29 | 6 | 22 |
| Copper | 7 | 26 | 7 | 26 | 7 | 26 | 15 | 55 | 4 | 15 | 2 | 7 |
| Vitamin B3 | 5 | 18 | 6 | 22 | 5 | 18 | 10 | 37 | 4 | 15 | 1 | 4 |
| Boron | 5 | 18 | 5 | 18 | 5 | 18 | 9 | 33 | | | 1 | 4 |

## Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| EPA (Omega-3) | 69 | **252** | 69 | **252** | **114** | **416** | **171** | **624** | | | 11 | 40 |
| DHA (Omega-3) | 69 | **252** | 69 | **252** | **114** | **416** | **137** | **500** | | | 17 | 62 |
| Cholesterol | 29 | **106** | 29 | **106** | 29 | **106** | **116** | **423** | | | 58 | **212** |
| Arachidonic acid (AA, Omega-6) | 24 | **88** | **71** | **259** | 47 | **172** | **141** | **515** | | | 14 | 51 |
| Oleic acid (Omega-9) | 6 | 22 | 7 | 26 | 7 | 26 | 10 | 37 | | | 8 | 29 |
| Palmitic acid (Saturated) | 6 | 22 | 6 | 22 | 6 | 22 | 9 | 33 | | | 11 | 40 |
| Alpha-linolenic acid (Omega-3) | 5 | 18 | 7 | 26 | 5 | 18 | 8 | 29 | 4 | 15 | 3 | 11 |
| Linoleic acid (Omega-6) | 5 | 18 | 7 | 26 | 7 | 26 | 13 | 47 | | | 15 | 55 |

# Baked spicy squid rings in an air fryer

Fish and seafood

A source of protein and omega-3 fatty acids, baked squid contributes to improved cardiovascular health. Spicy seasonings give the dish a vibrant flavor and boost metabolism, making it ideal for a keto diet.

**Equipment:**

Air fryer

**Servings: 2** (**1 serving** ≈ 161 grams)
**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| **Squid** | 300 | 1.5 pcs |
| **Olive oil** | 15 | 1 tbsp |
| **Garlic** | 5 | 1 pcs |
| **Paprika** | 1 | 1/3 tsp |
| **Cayenne pepper** | to taste | |
| **Cooking salt** | to taste | |
| **Black pepper** | to taste | |
| **Yield:** | **321** g | |

| | 100 g |
|---|---|
| Protein | 16.9 |
| Digestible protein | 16.8 |
| Fats | 5.6 |
| Fiber | 0 |
| Net carbs | 2.4 |
| Fructose | 0 |
| Calories | 130 kcal |
| **Indexes** | |
| Glycemic index | 0 |
| Glycemic load | 0 |
| Insulin index, II | **23.9** |
| Inflammatory index, DII | -0.31 |
| Antioxidant, ORAC | 169 |

## Cooking time, min

| | |
|---|---|
| **Slice** | 5 |
| **Mix** | 3 |
| **Bake in the air fryer** | 7 |
| | **15 min** |

Cleaned squid bodies (2 pcs, about 300 g) cut into rings about 6 mm thick. If there is a thin transparent membrane inside, remove it.

Place the squid rings in a bowl. Add olive oil (15 g), paprika (1 g), cayenne pepper (to taste), minced garlic (5 g), salt, and black pepper. Mix well to ensure the spices evenly coat the squid.

Preheat the air fryer to 180 °C. Arrange the squid rings in a single layer in the air fryer basket and bake for 7 minutes, stirring or shaking the basket halfway through cooking.

Serve the rings hot. Optionally, add lime wedges and sugar-free keto chili sauce.

Digestion time: 2 hours

Complete protein: ✔

**Allowed on diets**

Keto, Paleo (Allowed on a non-strict version), Mediterranean (In moderate amounts), Anti-Candida (ACP) (In a moderate version), DASH (In a light version), Gluten-free Casein-free (GFCF), Specific Carbohydrate Diet (SCD) (In the expanded version), Ketogenic Therapeutic

### Health benefits (7)

- ✓ **Boosting testosterone**: Selenium
- ✓ **Intimate health (circulation)**: B12
- ✓ **Thyroid support**: Selenium
- ✓ **Improving metabolism**: Selenium
- ✓ **Improving brain function and memory**: B12
- ✓ **Nervous system (stress support)**: Tryptophan
- ✓ **Sleep and relaxation**: Tryptophan

## Nutrients, % of the recommended daily intake

### Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Fructose | | | | | | | | | | | | |
| Selenium | **77** | **124** | **77** | **124** | **70** | **113** | **140** | **225** | 42 | 68 | 11 | 18 |
| Vitamin B12 | 53 | **85** | 53 | **85** | 49 | **79** | 45 | **72** | 42 | 68 | 1 | 2 |
| Molybdenum | 42 | 68 | 42 | 68 | 38 | 61 | **86** | **138** | | | 4 | 6 |
| Phosphorus | 30 | 48 | 30 | 48 | 30 | 48 | 42 | 68 | 21 | 34 | 10 | 16 |
| Zinc | 15 | 24 | 20 | 32 | 15 | 24 | 32 | 52 | 3 | 5 | 3 | 5 |
| Vitamin B3 | 13 | 21 | 15 | 24 | 12 | 19 | 26 | 42 | 10 | 16 | 1 | 2 |
| Iron | 12 | 19 | 5 | 8 | 4 | 6 | 10 | 16 | 6 | 10 | 2 | 3 |
| Vitamin E | 12 | 19 | 12 | 19 | 12 | 19 | 26 | 42 | 2 | 3 | 1 | 2 |
| Vitamin B4 (Choline) | 11 | 18 | 14 | 23 | 14 | 23 | 24 | 39 | 6 | 10 | 3 | 5 |
| Vitamin B5 | 10 | 16 | 10 | 16 | 8 | 13 | 16 | 26 | 5 | 8 | 1 | 2 |
| Potassium | 8 | 13 | 11 | 18 | 9 | 14 | 12 | 19 | 7 | 11 | 5 | 8 |
| Magnesium | 7 | 11 | 9 | 14 | 8 | 13 | 22 | 35 | 5 | 8 | 4 | 6 |
| Vitamin B6 | 7 | 11 | 7 | 11 | 5 | 8 | 15 | 24 | 3 | 5 | 1 | 2 |
| Vitamin C | 5 | 8 | 7 | 11 | 6 | 10 | 20 | 32 | 1 | 2 | 1 | 2 |

## Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Cholesterol | 33 | 53 | 33 | 53 | 33 | 53 | **131** | **211** | | | 65 | **105** |
| Alpha-linolenic acid (Omega-3) | 18 | 29 | 26 | 42 | 21 | 34 | 32 | 52 | 15 | 24 | 10 | 16 |
| Oleic acid (Omega-9) | 11 | 18 | 14 | 23 | 13 | 21 | 20 | 32 | | | 16 | 26 |

# Offal dishes

# Baked liver pâté

Offal dishes

A source of vitamins A, B12, and iron, the baked liver pâté supports blood health and the immune system. Its creamy texture and rich flavor make it an ideal addition to a keto diet.

**Equipment:**

Blender

Oven

**Servings: 4** (**1 serving** ≈ 125 grams)
**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| **Chicken liver** | 300 | |
| **Egg** | 100 | 2 pcs |
| **Butter** | 90 | 6 tbsp |
| **Cooking salt** | 6 | 1 tsp |
| **Black pepper** | 2 | 1 tsp |
| **Optional ingredients:** | | |
| **Pink pepper** | 1 | 1/2 tsp |
| **Bay leaf** | 0.9 | 3 pcs |
| **Yield:** | **498** g | |

| | 100 g |
|---|---|
| Protein | 17.8 |
| Digestible protein | 16.7 |
| Fats | 20.2 |
| Fiber | 0.1 |
| Net carbs | 0.3 |
| Calories | 259 kcal |
| **Indexes** | |
| Glycemic index | 0 |
| Glycemic load | 0 |
| Insulin index, II | **31.7** |
| Inflammatory index, DII | 0.06 |
| Antioxidant, ORAC | 196 |

## Cooking time, min

| | |
|---|---|
| **Preparation** | 10 |
| **Blend** | 5 |
| **Bake in the oven** | 40 |
| Let stand | 30 |
| **55 min - 1 h 25 min** | |

Preheat the oven to 160 degrees.

Thoroughly rinse the chicken liver (300 g) in cold water.

Then place the liver, eggs (2 pcs.), melted butter (90 g), and spices into a blender bowl.

You can use spices to your taste:

- salt;
- ground black pepper;
- black and pink peppercorns with bay leaf.

Blend all the ingredients until smooth.

After that, pour the mixture into baking molds. Place them in a larger heatproof dish and carefully pour boiling water so that the water level reaches at least halfway up the molds.

Put the dish in the preheated oven and bake for 40 minutes.

After the time is up, remove the dish from the oven and let it cool at room temperature.

Store the pâté in the refrigerator. If desired, it can also be frozen.

Digestion time: 3 hours

Complete protein: ✔

**Allowed on diets**

Keto, Paleo (Allowed on a non-strict version), Mediterranean (In moderate amounts), Anti-Candida (ACP) (In a moderate version), FODMAP, GAPS (In the full version), Specific Carbohydrate Diet (SCD), Ketogenic Therapeutic, Low Oxalate Diet (In a moderate version)

**Health benefits (14)**

✓ **Boosting testosterone**: Selenium
✓ **Intimate health (circulation)**: B6, B9, B12
✓ **Boosting immunity**: A, Iron
✓ **Thyroid support**: Selenium
✓ **Improving metabolism**: Selenium
✓ **Improving brain function and memory**: B4 (Choline), B6, B9, B12
✓ **Photoprotection**: B7
✓ **Nervous system (stress support)**: B2, B6, Tryptophan
✓ **Men's strength and endurance**: Arginine, Cholesterol
✓ **Liver health**: B4 (Choline)
✓ **Skin, hair and nails**: B7
✓ **Sleep and relaxation**: Tryptophan
✓ **Detoxification**: B4 (Choline)
✓ **Skin support**: B7

# Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: baking.

## Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Vitamin A | **639** | **799** | **822** | **1 028** | **747** | **934** | **1 438** | **1 798** | **384** | **480** | **384** | **480** |
| Vitamin B12 | **381** | **476** | **381** | **476** | **352** | **440** | **327** | **409** | **305** | **381** | 1 | 1 |
| Copper | **376** | **470** | **376** | **470** | **338** | **423** | **769** | **961** | **225** | **281** | **113** | **141** |
| Vitamin B7 | **114** | **143** | **114** | **143** | **98** | **123** | **284** | **355** | 14 | 18 | 1 | 1 |
| Molybdenum | **94** | **118** | **94** | **118** | **84** | **105** | **192** | **240** | | | 8 | 10 |
| Vitamin B2 | **90** | **113** | **106** | **133** | **83** | **104** | **194** | **243** | 39 | 49 | 2 | 3 |
| Vitamin B5 | **81** | **101** | **81** | **101** | 67 | **84** | **135** | **169** | 40 | 50 | 4 | 5 |
| Selenium | **77** | **96** | **77** | **96** | **70** | **88** | **140** | **175** | 42 | 53 | 11 | 14 |
| Vitamin B9 | **75** | **94** | **75** | **94** | 50 | 63 | **150** | **188** | **75** | **94** | 30 | 38 |
| Iron | **73** | **91** | 32 | 40 | 22 | 28 | 58 | **73** | 39 | 49 | 12 | 15 |
| Vitamin B6 | 43 | 54 | 43 | 54 | 30 | 38 | **94** | **118** | 19 | 24 | 1 | 1 |
| Vitamin B4 (Choline) | 35 | 44 | 45 | 56 | 43 | 54 | **77** | **96** | 19 | 24 | 10 | 13 |
| Vitamin B13 | 34 | 43 | 34 | 43 | 34 | 43 | **102** | **128** | 3 | 4 | | |
| Chlorine | 33 | 41 | 33 | 41 | 33 | 41 | 40 | 50 | 33 | 41 | 8 | 10 |
| Phosphorus | 32 | 40 | 32 | 40 | 32 | 40 | 45 | 56 | 22 | 28 | 11 | 14 |
| Vitamin B3 | 31 | 39 | 36 | 45 | 28 | 35 | 63 | **79** | 25 | 31 | 1 | 1 |
| Zinc | 25 | 31 | 34 | 43 | 25 | 31 | 54 | 68 | 5 | 6 | 5 | 6 |
| Sodium | 23 | 29 | 23 | 29 | 23 | 29 | 45 | 56 | 22 | 28 | 11 | 14 |
| Vitamin C | 15 | 19 | 17 | 21 | 15 | 19 | 52 | 65 | 3 | 4 | 1 | 1 |
| Vitamin B1 | 15 | 19 | 16 | 20 | 13 | 16 | 29 | 36 | 9 | 11 | 1 | 1 |
| Betaine | 9 | 11 | 9 | 11 | 9 | 11 | 36 | 45 | 2 | 3 | 1 | 1 |
| Coenzyme Q10 | 9 | 11 | 9 | 11 | 9 | 11 | 27 | 34 | 3 | 4 | 1 | 1 |
| Manganese | 7 | 9 | 9 | 11 | 8 | 10 | 11 | 14 | 7 | 9 | 3 | 4 |
| Vitamin E | 7 | 9 | 7 | 9 | 7 | 9 | 14 | 18 | 1 | 1 | 1 | 1 |
| Vitamin K2 | 7 | 9 | 9 | 11 | 9 | 11 | 15 | 19 | | | 3 | 4 |
| Vitamin D | 5 | 6 | 5 | 6 | 5 | 6 | 5 | 6 | 1 | 1 | 1 | 1 |
| Potassium | 5 | 6 | 7 | 9 | 6 | 8 | 8 | 10 | 4 | 5 | 4 | 5 |
| Sulfur | 5 | 6 | 7 | 9 | 7 | 9 | 11 | 14 | | | 1 | 1 |

## Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Cholesterol | **1 226** | **1 533** | **1 226** | **1 533** | **1 226** | **1 533** | **4 903** | **6 129** | | | **2 451** | **3 064** |
| Palmitic acid (Saturated) | 57 | **71** | 57 | **71** | 57 | **71** | **88** | **110** | | | **114** | **143** |
| Stearic acid (Saturated) | 39 | 49 | 49 | 61 | 49 | 61 | 65 | **81** | | | **98** | **123** |
| Arachidonic acid (AA, Omega-6) | 37 | 46 | **112** | **140** | **75** | **94** | **224** | **280** | | | 22 | 28 |
| Oleic acid (Omega-9) | 19 | 24 | 24 | 30 | 22 | 28 | 34 | 43 | | | 26 | 33 |

# Beef bone broth

Offal dishes

Collagen and mineral source, bone broth supports joint and skin health. Its rich flavor and aroma make it an excellent base for soups and sauces, perfect for a keto diet.

**Servings: 12** (**1 serving** ≈ 375 grams)
**Difficulty:** very easy

| Ingredient | Amount, g | |
|---|---|---|
| **Water** | 4500 | |
| **Himalayan salt** | 20 | 1.3 tbsp |
| **Apple cider vinegar** | 7.5 | 1.5 tsp |
| **Optional ingredients:** | | |
| **Himalayan salt** | 10 | 2 tsp |
| **Yield:** | **4 500** g | |

| | 100 g |
|---|---|
| Protein | 0.9 |
| Fats | 0.2 |
| Fiber | 0 |
| Net carbs | 0.3 |
| Calories | 7 kcal |
| **Indexes** | |
| Glycemic index | 0 |
| Glycemic load | 0 |
| Insulin index, II | **19.9** |
| Inflammatory index, DII | -0.30 |

## Cooking time, min

| | |
|---|---|
| **Reduce** | 30 |
| **Bring to a boil** | 10 |
| **Boil** | 10 h |
| **Chill** | 15 |
| Slice | 10 |
| **10 h 55 min - 11 h 5 min** | |

You will need a large 5-liter pot. Fill it with water (4-4.5 liters), leaving about 5 cm of free space from the edge.

Place beef bones (900 g) in the pot and add apple cider vinegar (1.5 tsp). Let it sit for half an hour.

After that, place the pot on the heat.

Add your favorite herbs, spices, as well as chopped vegetables and greens to taste.

Don’t forget to salt with sea salt or pink Himalayan salt.

Bring the contents of the pot to a boil, then reduce the heat and let the broth simmer. The cooking time can vary from 10 hours to a day, depending on the desired richness of the broth.

During cooking, keep an eye on the water level and add more if necessary.

When the broth is ready, remove the pot from the heat and let it cool slightly. After that, strain the broth through a sieve or cheesecloth.

Fasting (IF): not allowed

Digestion time: 1 hour

**Allowed on diets**

Keto, Paleo, Mediterranean (In moderate amounts), Anti-Candida (ACP), FODMAP, DASH, GAPS, Low Lectin Diet, Gluten-free Casein-free (GFCF), Specific Carbohydrate Diet (SCD) (In the expanded version), Ketogenic Therapeutic, Low Oxalate Diet

## Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: boiling/stewing.

### Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Selenium | 11 | 41 | 11 | 41 | 10 | 38 | 20 | **75** | 6 | 23 | 2 | 8 |

# Beef liver Stroganoff with chanterelles and celery stalks

Offal dishes

A source of high-quality protein, vitamins A and B12, as well as minerals such as iron and zinc. The dish has a rich flavor thanks to mushrooms and aromatic herbs, making it perfect for maintaining energy and health.

**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| Beef liver | 100 | |
| Almond milk (unsweetened) | 100 | 6.7 tbsp |
| Celery | 50 | 1/8 pcs |
| Chanterelle mushrooms | 40 | 2.7 pcs |
| Almond paste | 36 | 2 tbsp |
| Ghee butter | 30 | 2 tbsp |
| Arugula | 20 | |
| Dill | 5 | |
| Fresh thyme (thymus) | 3 | |
| Sage | 1.5 | 1.5 tsp |
| Coriander (cilantro seeds) | 0.7 | 1/3 tsp |
| Cooking salt | to taste | |
| Black pepper | to taste | |
| **Yield:** | **386** g | |

| | 100 g |
|---|---|
| Protein | 8.4 |
| Digestible protein | 6.5 |
| Fats | 14.5 |
| Fiber | 2 |
| Net carbs | 2.6 |
| Fructose | 0 |
| Calories | 173 kcal |
| **Indexes** | |
| Glycemic index | 10.2 |
| Glycemic load | 0.5 |
| Insulin index, II | **21** |
| Inflammatory index, DII | -0.33 |
| Antioxidant, ORAC | 1 419 |

## Cooking time, min

| | |
|---|---|
| **Slice** | 10 |
| **Fry** | 10 |
| **Stew** | 7 |
| **Stew** | 3 |
| | **30 min** |

Chop the celery stalk (50 g) into small pieces and sauté them in clarified butter (2 tbsp) until soft. During the frying process, add coriander (1/3 tsp), and also season with salt and pepper to taste.

When the celery becomes soft, add chopped dill (2-3 sprigs), sage (1-2 leaves), and almond urbech (2 tbsp).

Then pour in almond milk (100 ml) and add the chanterelles cut into quarters (40 g). Simmer the mixture over medium heat for 5-7 minutes, stirring occasionally.

After that, add the beef liver cut into thin strips (100 g) and chopped arugula (20 g).

Thoroughly mix all the ingredients and continue cooking over medium heat until the liver is fully cooked, which will take about 2-3 minutes.

Digestion time: 4 hours

Complete protein: ✔

**Allowed on diets**

Keto, Paleo (Allowed on a non-strict version), Mediterranean (In moderate amounts), Anti-Candida (ACP) (In a moderate version), Gluten-free Casein-free (GFCF), Specific Carbohydrate Diet (SCD) (In the expanded version), Ketogenic Therapeutic

### Health benefits (9)

✓ **Intimate health (circulation)**: B6, B12
✓ **Boosting immunity**: A
✓ **Improving brain function and memory**: B6, B12
✓ **Nervous system (stress support)**: B2
✓ **Women's health and hormonal balance**: Oleic acid (Omega-9)
✓ **Men's strength and endurance**: Cholesterol
✓ **Liver health**: B4 (Choline), Betaine
✓ **Lowering blood sugar**: Oleic acid (Omega-9)
✓ **Detoxification**: B4 (Choline), Betaine

# Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: frying.

## Minerals, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Fructose | | | | | | |
| Vitamin B12 | **512** | **512** | **472** | **439** | **409** | 1 |
| Copper | **292** | **292** | **263** | **597** | **175** | **88** |
| Vitamin A | **228** | **293** | **266** | **512** | **137** | **137** |
| Vitamin B2 | 64 | **75** | 59 | **138** | 28 | 2 |
| Iron | 43 | 19 | 13 | 34 | 23 | 7 |
| Vitamin B5 | 26 | 26 | 22 | 43 | 13 | 1 |
| Betaine | 26 | 26 | 26 | **104** | 7 | 2 |
| Phosphorus | 25 | 25 | 25 | 35 | 18 | 9 |
| Vitamin E | 24 | 24 | 24 | 52 | 4 | 1 |
| Vitamin B3 | 22 | 25 | 19 | 43 | 17 | 1 |
| Manganese | 21 | 27 | 25 | 33 | 21 | 10 |
| Vitamin B7 | 21 | 21 | 18 | 52 | 2 | 1 |
| Selenium | 19 | 19 | 18 | 35 | 11 | 3 |
| Vitamin B6 | 19 | 19 | 13 | 41 | 8 | 1 |
| Vitamin B9 | 17 | 17 | 11 | 34 | 17 | 7 |
| Vitamin B4 (Choline) | 16 | 20 | 19 | 35 | 9 | 4 |
| Zinc | 13 | 18 | 13 | 29 | 3 | 3 |
| Vitamin B13 | 13 | 13 | 13 | 39 | 1 | |
| Vitamin K | 11 | 14 | 14 | 23 | 11 | 3 |
| Calcium | 10 | 10 | 10 | 10 | 10 | 8 |
| Magnesium | 9 | 12 | 11 | 29 | 6 | 5 |
| Boron | 9 | 9 | 9 | 18 | | 3 |
| Potassium | 7 | 10 | 9 | 11 | 6 | 5 |
| Vitamin B1 | 7 | 8 | 6 | 15 | 4 | 1 |
| Vitamin B8 (Inositol) | 7 | 7 | 7 | 14 | 5 | 2 |
| Vitamin C | 6 | 7 | 6 | 21 | 1 | 1 |
| Fibers | 6 | 10 | 9 | 10 | | 6 |

## Lipids, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Cholesterol | **5 119** | **5 119** | **5 119** | **20 477** | | **10 238** |
| Palmitic acid (Saturated) | 26 | 26 | 26 | 41 | | 53 |
| Oleic acid (Omega-9) | 24 | 30 | 27 | 42 | | 33 |
| Stearic acid (Saturated) | 21 | 27 | 27 | 36 | | 53 |
| Arachidonic acid (AA, Omega-6) | 5 | 14 | 9 | 27 | | 3 |

# Bigus with beef heart

Offal dishes

A source of protein and iron, this dish supports cardiovascular health and improves metabolism. Sauerkraut adds probiotics, while mushrooms and spices provide a rich flavor.

**Servings: 6** (**1 serving** ≈ 323 grams)
**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| Water | 700 | |
| Cabbage | 300 | 1/3 pcs |
| Fermented cabbage (without sugar) | 300 | |
| Beef heart | 200 | 1/8 pcs |
| Mushroom | 200 | |
| Tomato | 200 | 2 pcs |
| Olive oil | 20 | 1.3 tbsp |
| Garlic | 10 | 2 pcs |
| Parsley | 5 | |
| Cooking salt | to taste | |
| Black pepper | to taste | |
| **Optional ingredients:** | | |
| Capers | 20 | 1.3 tbsp |
| Prune | 40 | 4.4 pcs |
| **Yield:** | **1 935** g | |

| | 100 g |
|---|---|
| Protein | 3.7 |
| Digestible protein | 2.6 |
| Fats | 1.5 |
| Fiber | 1 |
| Net carbs | 1.2 |
| Fructose | 0.2 |
| Calories | 37 kcal |
| **Indexes** | |
| Glycemic index | 7.8 |
| Glycemic load | 0.7 |
| Insulin index, II | **14.9** |
| Inflammatory index, DII | -0.31 |
| Antioxidant, ORAC | 852 |

## Cooking time, min

| | |
|---|---|
| **Slice** | 10 |
| **Fry** | 5 |
| **Slice** | 10 |
| **Stew** | 1 h |
| | **1 h 25 min** |

Cut fresh white or red cabbage (300 g) into thin strips. Heat vegetable oil (20 g) in a skillet or heavy-bottomed pot, add fresh and sauerkraut (300 g), and sauté over medium heat for 5 minutes.

Dice boiled beef heart (200 g) into small cubes or slices. Peel and finely chop garlic (10 g), cut mushrooms or oyster mushrooms (200 g) into large pieces, and crush tomatoes in their own juice (200 g).

Add the heart, mushrooms, tomatoes, garlic, water (700 g), salt (to taste), and black pepper (to taste) to the cabbage. Stir, cover with a lid, and simmer on low heat for 1 hour until the cabbage is soft and the flavor is rich.

> Capers (20 g) can be added along with the tomatoes for a more vibrant flavor. Dried plums (40 g) should only be used in a non-strict keto version, as they significantly increase the carbohydrate content.

Serve the bigus hot. Garnish with herbs (5 g) before serving.

Digestion time: 4 hours

Complete protein: ✔

**Allowed on diets**

Keto, Paleo (Allowed on a non-strict version), Mediterranean (In moderate amounts), Anti-Candida (ACP) (In a moderate version), Gluten-free Casein-free (GFCF), Specific Carbohydrate Diet (SCD) (In the expanded version), Ketogenic Therapeutic

# Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: boiling/stewing.

## Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Vitamin U | | | | | | | | | 3 | 10 | 1 | 3 |
| Fructose | | | | | | | | | | | | |
| Probiotics | 39 | **126** | 39 | **126** | 39 | **126** | **78** | **252** | | | 8 | 26 |
| Vitamin B12 | 19 | 61 | 19 | 61 | 17 | 55 | 16 | 52 | 15 | 48 | 1 | 3 |
| Vitamin K | 14 | 45 | 19 | 61 | 19 | 61 | 31 | **100** | 14 | 45 | 3 | 10 |
| Iron | 11 | 36 | 5 | 16 | 3 | 10 | 9 | 29 | 6 | 19 | 2 | 6 |
| Vitamin B2 | 8 | 26 | 10 | 32 | 8 | 26 | 18 | 58 | 4 | 13 | 1 | 3 |
| Phosphorus | 6 | 19 | 6 | 19 | 6 | 19 | 8 | 26 | 4 | 13 | 2 | 6 |
| Vitamin C | 6 | 19 | 7 | 23 | 6 | 19 | 21 | 68 | 1 | 3 | 1 | 3 |
| Vitamin B3 | 6 | 19 | 7 | 23 | 6 | 19 | 13 | 42 | 5 | 16 | 1 | 3 |
| Vitamin B6 | 5 | 16 | 5 | 16 | 3 | 10 | 10 | 32 | 2 | 6 | 1 | 3 |
| Selenium | 5 | 16 | 5 | 16 | 5 | 16 | 10 | 32 | 3 | 10 | 1 | 3 |
| Sodium | 5 | 16 | 5 | 16 | 5 | 16 | 9 | 29 | 4 | 13 | 2 | 6 |
| Lycopene | 5 | 16 | 5 | 16 | 5 | 16 | 10 | 32 | | | 1 | 3 |

## Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Cholesterol | 13 | 42 | 13 | 42 | 13 | 42 | 50 | **162** | | | 25 | **81** |

# Creams and fillings

## Berry glaze

Creams and fillings

A source of healthy fats and antioxidants, this dish supports the immune system and blood sugar levels thanks to black currants and inulin. The sweet taste with a hint of acidity is perfect for desserts.

**Equipment:**

Blender

Vegan dishes

**Servings: 4** (**1 serving** ≈ 76 grams)
**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| Coconut oil | 130 | 8.7 tbsp |
| Black currant | 50 | |
| Allulose | 50 | 4.2 tbsp |
| Cocoa butter | 45 | |
| Water | 25 | 1.7 tbsp |
| Inulin ↺ | 5 | 1.25 tsp |
| Sunflower lecithin | 0.4 | 1/8 tsp |
| **Yield:** | **305** g | |

| | 100 g |
|---|---|
| Protein | 0.2 |
| Fats | 57.5 |
| Fiber | 1 |
| Net carbs | 1.4 |
| Fructose | 0.8 |
| Calories | 512 kcal |
| **Indexes** | |
| Glycemic index | 2.6 |
| Glycemic load | 0.5 |
| Insulin index, II | **4.2** |
| Inflammatory index, DII | -0.17 |
| Antioxidant, ORAC | 1 303 |

### Cooking time, min

| | |
|---|---|
| **Slice** | 5 |
| **Mix** | 5 |
| **Water bath** | 10 |
| **Blend** | 5 |
| **Chill** | 15 |
| | **40 min** |

Finely chop the cocoa butter (45 g) with a knife on a cutting board. This will help to melt it faster later.

Place all the ingredients in a tall glass or bowl:

- cocoa butter;
- blackcurrant puree (50 g);
- coconut oil (130 g);
- water (25 g);
- alluose (50 g);
- inulin (5 g);
- lecithin (0.4 g).

Melt using a microwave (using short bursts for a few seconds to avoid overheating) or in a water bath.

> It is important to monitor the temperature of the glaze and avoid overheating.

Once the cocoa butter has melted, use an immersion blender to thoroughly blend the glaze into a smooth and shiny emulsion.

If you feel the glaze is too thick, add a little water (if necessary) and blend the mixture again with the blender.

For glazing, the glaze must be cooled to working temperature (between 29 to 35 degrees Celsius).

## Substitution options

- **Inulin:** Chicory - The main component of chicory is inulin. However, chicory powder usually contains other substances that add flavor and color (bitterness and caramel notes). Therefore, to avoid significantly changing the taste of the dish, it is not recommended to add more than 5 grams of chicory instead of inulin.

Digestion time: 4 hours

**Allowed on diets**

Keto, Paleo (Allowed on a non-strict version), Mediterranean (In moderate amounts), Anti-Candida (ACP) (In a moderate version), Low Lectin Diet (In a moderate version), Low Histamine Diet (In a moderate version), Gluten-free Casein-free (GFCF), Ketogenic Therapeutic

**Health benefits (9)**

✓ **Improving metabolism**: Fats
✓ **Improving brain function and memory**: Antioxidants
✓ **Photoprotection**: C
✓ **Heart and vascular health**: Antioxidants
✓ **Women's health and hormonal balance**: Oleic acid (Omega-9)
✓ **Reducing inflammation**: Antioxidants
✓ **Lowering blood sugar**: Oleic acid (Omega-9)
✓ **Skin, hair and nails**: C
✓ **Skin support**: C

# Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: boiling/stewing.

## Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Fructose | | | | | | | | | | | | |
| Antioxidants | **101** | **77** | **130** | **99** | **118** | **90** | **228** | **173** | 18 | 14 | 61 | 46 |
| Flavonoids | 54 | 41 | 45 | 34 | 41 | 31 | **77** | 59 | | | 5 | 4 |
| Vitamin C | 16 | 12 | 20 | 15 | 17 | 13 | 59 | 45 | 3 | 2 | 1 | 1 |
| Fibers | 5 | 4 | 8 | 6 | 7 | 5 | 8 | 6 | | | 5 | 4 |

## Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Palmitic acid (Saturated) | **205** | **156** | **205** | **156** | **205** | **156** | **315** | **239** | | | **410** | **312** |
| Oleic acid (Omega-9) | **76** | 58 | **95** | **72** | **86** | 65 | **135** | **103** | | | **105** | **80** |
| Stearic acid (Saturated) | 46 | 35 | 57 | 43 | 57 | 43 | **76** | 58 | | | **114** | **87** |
| Myristic acid (Saturated) | 19 | 14 | 24 | 18 | 24 | 18 | 32 | 24 | | | **97** | **74** |

# Berry sauce

Creams and fillings

A source of antioxidants and vitamins, this berry sauce supports the immune system and improves digestion thanks to chia seeds, which add texture and healthy fats, creating a refreshing taste.

**Equipment:**

Blender

**Servings: 4** (**1 serving** ≈ 42 grams)
**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| Raspberry | 110 | |
| Water | 45 | 3 tbsp |
| Chia seeds ↺ | 12 | 2.4 tsp |
| **Yield:** | **167** g | |

| | 100 g |
|---|---|
| Protein | 2.2 |
| Digestible protein | 1 |
| Fats | 2.6 |
| Fiber | 6.7 |
| Net carbs | 4.2 |
| Fructose | 2.6 |
| Calories | 72 kcal |
| **Indexes** | |
| Glycemic index | 16.5 |
| Glycemic load | 0.9 |
| Insulin index, II | **20.5** |
| Inflammatory index, DII | -0.45 |
| Antioxidant, ORAC | 4 041 |

## Cooking time, min

| | |
|---|---|
| **Mix** | 30 |
| **Blend** | 2 |
| | **32 min** |

To prepare the berry sauce, you will need the following ingredients:

- Fresh raspberries (110 g) or other favorite berries
- Chia seeds (12 g)
- Vanillin to taste
- Hot water (3 tablespoons)

Mix the chia seeds (12 g) with the hot water (3 tablespoons) in a glass. Let the mixture cool so that the seeds can absorb the water and swell.

Once the mixture has cooled, add the raspberries (110 g) and a little vanillin to taste. Using an immersion blender, blend all the ingredients well until smooth.

## Substitution options

- **Chia seeds:** Flaxseed flour - 60% flour plus 40% psyllium. The combination creates a gel, stabilizes emulsions, and adds omega-3. Psyllium swells faster—add liquid by 10% and allow time to bind.

Digestion time: 2 hours

**Allowed on diets**

Keto, Paleo (Allowed on a non-strict version), Mediterranean, Anti-Candida (ACP) (In a moderate version), FODMAP, DASH (In a light version), Low Lectin Diet, Gluten-free Casein-free (GFCF), Ketogenic Therapeutic, MIND (In the basic version), FMD (allowed in a gentle FMD)

**Health benefits (1)**

✓ **Lowering blood sugar**: Prebiotics

## Nutrients, % of the recommended daily intake

### Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Fructose | | | | | | | | | | | | |
| Prebiotics | 69 | 29 | 69 | 29 | 69 | 29 | **137** | 58 | | | 69 | 29 |
| Manganese | 26 | 11 | 33 | 14 | 30 | 13 | 40 | 17 | 26 | 11 | 12 | 5 |
| Vitamin C | 19 | 8 | 23 | 10 | 20 | 8 | 69 | 29 | 3 | 1 | 1 | 0 |
| Fibers | 18 | 8 | 27 | 11 | 24 | 10 | 27 | 11 | | | 17 | 7 |
| Iron | 13 | 5 | 6 | 3 | 4 | 2 | 10 | 4 | 7 | 3 | 2 | 1 |
| Phosphorus | 12 | 5 | 12 | 5 | 12 | 5 | 16 | 7 | 8 | 3 | 4 | 2 |
| Magnesium | 9 | 4 | 12 | 5 | 11 | 5 | 30 | 13 | 6 | 3 | 5 | 2 |
| Calcium | 6 | 3 | 6 | 3 | 6 | 3 | 6 | 3 | 6 | 3 | 5 | 2 |
| Vitamin B6 | 6 | 3 | 6 | 3 | 4 | 2 | 13 | 5 | 3 | 1 | 1 | 0 |
| Vitamin B3 | 6 | 3 | 7 | 3 | 6 | 3 | 13 | 5 | 5 | 2 | 1 | 0 |
| Zinc | 5 | 2 | 7 | 3 | 5 | 2 | 12 | 5 | 1 | 0 | 1 | 0 |
| Vitamin K | 5 | 2 | 6 | 3 | 6 | 3 | 11 | 5 | 5 | 2 | 1 | 0 |
| Vitamin B1 | 5 | 2 | 6 | 3 | 5 | 2 | 11 | 5 | 3 | 1 | 1 | 0 |

### Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Alpha-linolenic acid (Omega-3) | **85** | 36 | **124** | 52 | **97** | 41 | **151** | 63 | 68 | 29 | 45 | 19 |
| Linoleic acid (Omega-6) | 14 | 6 | 20 | 8 | 18 | 8 | 34 | 14 | | | 40 | 17 |

# Creams and fillings

# Blueberry oil

Creams and fillings

A source of healthy fats and antioxidants, blueberry oil supports heart health and enhances cognitive functions. Its sweet and rich flavor makes it an ideal addition to breakfasts and desserts.

**Servings: 4** (**1 serving** ≈ 26 grams)
**Difficulty:** very easy

| Ingredient | Amount, g | |
|---|---|---|
| **Butter** | 75 | 5 tbsp |
| **Bilberry** | 30 | |
| **Yield:** | **105** g | |

| | 100 g |
|---|---|
| Protein | 1 |
| Fats | 58.1 |
| Fiber | 0.7 |
| Net carbs | 3.5 |
| Fructose | 1.7 |
| Calories | 528 kcal |
| **Indexes** | |
| Glycemic index | 15.1 |
| Glycemic load | 1.4 |
| Insulin index, II | **13.6** |
| Inflammatory index, DII | 0.04 |
| Antioxidant, ORAC | 1 872 |

## Cooking time, min

| | |
|---|---|
| **Mix** | 3 |
| | **3 min** |

First, take the butter (75 g) out of the refrigerator to soften a little. This will make it easier to mix with the blueberries. Then place the butter in a bowl.

Add the fresh blueberries (30 g) to the butter. Using an electric mixer, thoroughly mix the butter and blueberries until you achieve a homogeneous mass.

You can adjust the degree of mixing depending on whether you want to keep some blueberry pieces or achieve a smoother texture.

Digestion time: 3 hours

### Allowed on diets

Keto, Paleo, Mediterranean (In moderate amounts), Anti-Candida (ACP), FODMAP, GAPS (In the full version), Low Lectin Diet, Low Histamine Diet (In a moderate version), Specific Carbohydrate Diet (SCD) (In the expanded version), Ketogenic Therapeutic, Low Oxalate Diet (In a moderate version)

### Health benefits (5)

- ✓ **Boosting immunity**: A
- ✓ **Improving metabolism**: Fats
- ✓ **Improving brain function and memory**: Antioxidants
- ✓ **Heart and vascular health**: Antioxidants
- ✓ **Reducing inflammation**: Antioxidants

## Nutrients, % of the recommended daily intake

### Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Fructose | | | | | | | | | | | | |
| Antioxidants | **104** | 27 | **134** | 35 | **122** | 32 | **234** | 61 | 19 | 5 | 62 | 16 |
| Vitamin A | 54 | 14 | **70** | 18 | 64 | 17 | **122** | 32 | 33 | 9 | 33 | 9 |
| Flavonoids | 47 | 12 | 39 | 10 | 36 | 9 | 67 | 17 | | | 5 | 1 |
| Vitamin E | 12 | 3 | 12 | 3 | 12 | 3 | 26 | 7 | 2 | 1 | 1 | 0 |
| Vitamin D | 5 | 1 | 5 | 1 | 5 | 1 | 5 | 1 | 1 | 0 | 1 | 0 |
| Vitamin K | 5 | 1 | 6 | 2 | 6 | 2 | 10 | 3 | 5 | 1 | 1 | 0 |

### Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Cholesterol | **768** | **200** | **768** | **200** | **768** | **200** | **3 071** | **798** | | | **1 536** | **399** |
| Palmitic acid (Saturated) | **182** | 47 | **182** | 47 | **182** | 47 | **280** | **73** | | | **364** | **95** |
| Stearic acid (Saturated) | **146** | 38 | **182** | 47 | **182** | 47 | **243** | 63 | | | **364** | **95** |
| Arachidonic acid (AA, Omega-6) | 29 | 8 | **86** | 22 | 57 | 15 | **171** | 44 | | | 17 | 4 |
| Oleic acid (Omega-9) | 5 | 1 | 6 | 2 | 5 | 1 | 8 | 2 | | | 6 | 2 |

# Soups

# Bouquet garni

Soups

A source of vitamins and antioxidants, this bouquet of herbs improves digestion and strengthens the immune system. Its aromatic notes give dishes a rich flavor, perfectly complementing meat and vegetable dishes.

**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| Parsley | 7 | |
| Fresh thyme (thymus) | 5 | |
| Fresh rosemary | 5 | |
| Oregano | 5 | 1.1 tbsp |
| **Optional ingredients:** | | |
| Celery | 40 | 1/8 pcs |
| **Yield:** | **22** g | |

| | 100 g |
|---|---|
| Protein | 5 |
| Digestible protein | 0.3 |
| Fats | 3 |
| Fiber | 17.1 |
| Net carbs | 10.7 |
| Fructose | 0 |
| Calories | 124 kcal |
| **Indexes** | |
| Glycemic index | 4.1 |
| Glycemic load | 0.6 |
| Insulin index, II | **8.9** |
| Inflammatory index, DII | -0.33 |
| Antioxidant, ORAC | 52 697 |

## Cooking time, min

| | |
|---|---|
| **Preparation** | 5 |
| | **5 min** |

Gather all the herbs and tie them together carefully with kitchen string:

- fresh thyme (2–3 sprigs);
- fresh rosemary (2–3 sprigs);
- fresh oregano or marjoram (2–3 sprigs);
- fresh parsley (3–4 stems);
- celery (1–2 stalks, optional).

Instead of string, you can wrap the herbs in cheesecloth to make extraction easier.

A bouquet garni can be used in various dishes, such as broths, soups, meat and vegetable stews, to impart a rich aroma and flavor.

Don’t forget to remove the bouquet garni from the finished dish before serving.

Digestion time: 2 hours

**Allowed on diets**

Keto, Paleo, Mediterranean, Anti-Candida (ACP), FODMAP, AIP (In the simplified version), DASH (In a light version), GAPS (In the full version), Low Lectin Diet, Gluten-free Casein-free (GFCF), Specific Carbohydrate Diet (SCD), Ketogenic Therapeutic, MIND (In the basic version), FMD (allowed in a gentle FMD)

### Health benefits (12)

✓ **Intimate health (circulation)**: C, B6, B9, Potassium

✓ **Virus protection**: C

✓ **Boosting immunity**: A, C, Iron

✓ **Improving brain function and memory**: Antioxidants, B6, B9

✓ **Photoprotection**: C

✓ **Heart and vascular health**: Potassium, Magnesium, Antioxidants

✓ **Strong joints and bones**: Calcium

✓ **Nervous system (stress support)**: Magnesium

✓ **Reducing inflammation**: Antioxidants

✓ **Skin, hair and nails**: C

✓ **Sleep and relaxation**: Magnesium

✓ **Skin support**: C

## Nutrients, % of the recommended daily intake

### Minerals, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Fructose | | | | | | |
| Vitamin K | **553** | **737** | **737** | **1 206** | **553** | **133** |
| Iron | **218** | **97** | 65 | **175** | **116** | 35 |
| Vitamin A | **120** | **155** | **141** | **271** | **72** | **72** |
| Vitamin C | **94** | **112** | **99** | **337** | 17 | 4 |
| Manganese | **90** | **115** | **103** | **138** | **90** | 41 |
| Calcium | 57 | 57 | 57 | 57 | 57 | 48 |
| Antioxidants | 46 | 59 | 54 | **103** | 8 | 28 |
| Fibers | 45 | 68 | 61 | 68 | | 43 |
| Vitamin B2 | 35 | 42 | 33 | **77** | 15 | 1 |
| Vitamin B9 | 34 | 34 | 23 | 69 | 34 | 14 |
| Magnesium | 32 | 42 | 37 | **103** | 22 | 17 |
| Vitamin B6 | 32 | 32 | 22 | **70** | 14 | 1 |
| Vitamin E | 29 | 29 | 29 | 63 | 4 | 2 |
| Potassium | 22 | 29 | 26 | 33 | 19 | 15 |
| Copper | 22 | 22 | 19 | 44 | 13 | 6 |
| Chlorophyll | 21 | 21 | 21 | 64 | | 21 |
| Lutein | 19 | 19 | 19 | 32 | | 5 |
| Zinc | 18 | 25 | 18 | 39 | 4 | 4 |
| Vitamin B3 | 15 | 18 | 14 | 31 | 12 | 1 |
| Vitamin B7 | 15 | 15 | 13 | 37 | 2 | 1 |
| Phosphorus | 13 | 13 | 13 | 18 | 9 | 5 |
| Vitamin B5 | 12 | 12 | 10 | 20 | 6 | 1 |
| Vitamin B1 | 7 | 8 | 6 | 14 | 4 | 1 |

# Bouquet garni in a cheesecloth bag

Soups

A source of antioxidants and anti-inflammatory compounds, this bouquet garni enriches dishes with a rich aroma and flavor. It helps improve digestion and strengthen the immune system.

**Servings: 1** (**1 serving** ≈ 20 grams)
**Difficulty:** very easy

Vegan dishes

| Ingredient | Amount, g | |
|---|---|---|
| **Black pepper** | 2 | 1 tsp |
| **Allspice** | 2 | 1 tsp |
| **Fennel seeds** | 2 | 1 tsp |
| **Celery seeds** | 2 | 1 tsp |
| **Ginger** | 5 | 2.5 tsp |
| **Garlic** | 8 | 1.6 pcs |
| **Yield:** | **20** g | |

| | 100 g |
|---|---|
| Protein | 8.1 |
| Digestible protein | 0.8 |
| Fats | 5.3 |
| Fiber | 11.7 |
| Net carbs | 28.1 |
| Fructose | 0 |
| Calories | 204 kcal |
| **Indexes** | |
| Glycemic index | 5.1 |
| Glycemic load | 1.3 |
| Insulin index, II | **19.8** |
| Inflammatory index, DII | -0.35 |
| Antioxidant, ORAC | 19 884 |

## Cooking time, min

| | |
|---|---|
| **Preparation** | 5 |
| | **5 min** |

Black pepper (2 g), allspice (2 g), fennel seeds (2 g), celery seeds (2 g), a slice of ginger (5 g), and garlic (8 g) place in a small piece of cheesecloth.

Gather the edges of the cheesecloth and tie tightly with kitchen twine. Use the pouch to flavor broths, stews, soups, and sauces, and remove it after cooking.

Digestion time: 2 hours

### Allowed on diets

Keto, Paleo (Allowed on a non-strict version), Mediterranean, Anti-Candida (ACP) (In a moderate version), DASH (In a light version), Gluten-free Casein-free (GFCF), Specific Carbohydrate Diet (SCD) (In the expanded version), Ketogenic Therapeutic, FMD (allowed in a gentle FMD)

## Nutrients, % of the recommended daily intake

### Vitamins, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| B6 | 7 | 1 | 7 | 1 | 5 | 1 | 15 | 3 | 3 | 1 | 1 | 0 |

### Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Fructose | | | | | | | | | | | | |
| Manganese | **75** | 15 | **96** | 19 | **86** | 17 | **115** | 23 | **75** | 15 | 34 | 7 |
| Iron | 56 | 11 | 25 | 5 | 17 | 3 | 45 | 9 | 30 | 6 | 9 | 2 |
| Iron | 54 | 11 | 24 | 5 | 16 | 3 | 44 | 9 | 29 | 6 | 9 | 2 |
| Vitamin B6 | 48 | 10 | 48 | 10 | 33 | 7 | **105** | 21 | 21 | 4 | 1 | 0 |
| Vanadium | 33 | 7 | 33 | 7 | 33 | 7 | **98** | 20 | | | 10 | 2 |
| Manganese | 33 | 7 | 42 | 8 | 38 | 8 | 50 | 10 | 33 | 7 | 15 | 3 |
| Copper | 32 | 6 | 32 | 6 | 29 | 6 | 65 | 13 | 19 | 4 | 10 | 2 |
| Calcium | 31 | 6 | 31 | 6 | 31 | 6 | 31 | 6 | 31 | 6 | 25 | 5 |
| Vitamin K | 25 | 5 | 34 | 7 | 34 | 7 | 56 | 11 | 25 | 5 | 6 | 1 |
| Vitamin C | 24 | 5 | 29 | 6 | 26 | 5 | **87** | 17 | 4 | 1 | 1 | 0 |
| Magnesium | 21 | 4 | 28 | 6 | 25 | 5 | 69 | 14 | 15 | 3 | 11 | 2 |
| Phosphorus | 21 | 4 | 21 | 4 | 21 | 4 | 29 | 6 | 15 | 3 | 7 | 1 |
| Potassium | 20 | 4 | 26 | 5 | 23 | 5 | 29 | 6 | 17 | 3 | 13 | 3 |
| Calcium | 18 | 4 | 18 | 4 | 18 | 4 | 18 | 4 | 18 | 4 | 15 | 3 |
| Fibers | 16 | 3 | 24 | 5 | 22 | 4 | 24 | 5 | | | 15 | 3 |
| Vitamin B1 | 12 | 2 | 13 | 3 | 10 | 2 | 24 | 5 | 7 | 1 | 1 | 0 |
| Selenium | 12 | 2 | 12 | 2 | 11 | 2 | 22 | 4 | 7 | 1 | 2 | 0 |
| Molybdenum | 12 | 2 | 12 | 2 | 11 | 2 | 25 | 5 | | | 1 | 0 |
| Zinc | 11 | 2 | 15 | 3 | 11 | 2 | 23 | 5 | 2 | 0 | 2 | 0 |
| Vitamin B2 | 10 | 2 | 12 | 2 | 9 | 2 | 22 | 4 | 4 | 1 | 1 | 0 |
| Magnesium | 10 | 2 | 14 | 3 | 12 | 2 | 34 | 7 | 7 | 1 | 6 | 1 |
| Vitamin B5 | 9 | 2 | 9 | 2 | 8 | 2 | 15 | 3 | 5 | 1 | 1 | 0 |
| Vitamin B3 | 9 | 2 | 10 | 2 | 8 | 2 | 17 | 3 | 7 | 1 | 1 | 0 |
| Phosphorus | 8 | 2 | 8 | 2 | 8 | 2 | 11 | 2 | 5 | 1 | 3 | 1 |
| Vitamin E | 6 | 1 | 6 | 1 | 6 | 1 | 12 | 2 | 1 | 0 | 1 | 0 |
| Zinc | 6 | 1 | 9 | 2 | 6 | 1 | 14 | 3 | 1 | 0 | 1 | 0 |

### Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Alpha-linolenic acid (Omega-3) | 5 | 1 | 7 | 1 | 5 | 1 | 8 | 2 | 4 | 1 | 2 | 0 |

# Celery root soup in chicken broth with rosemary and sesame.

Soups

A source of fiber and vitamins, this soup supports heart and digestive health. The delicate taste of celery and fragrant rosemary create a harmonious combination, perfectly suited for a keto diet.

**Equipment:**

Blender

**Servings: 4** (**1 serving** ≈ 503 grams)
**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| **Celery root** | 500 | 1.25 pcs |
| **Colored cauliflower** | 200 | 1/3 pcs |
| **Sometimes** | 200 | 1 pcs |
| **Coconut cream** | 100 | 6.7 tbsp |
| **Fresh rosemary** | 5 | |
| **Olive oil** | 5 | 1 tsp |
| **Sesame** | 3 | 1 tsp |
| **Nutmeg** | 0.3 | 1/8 tsp |
| **Sea salt** | to taste | |
| **Black pepper** | to taste | |
| **Chicken broth** | 1000 | |
| **Optional ingredients:** | | |
| **Microgreens (tablets)** | 5 | 5 |
| **Yield:** | **2 013** g | |

| | 100 g |
|---|---|
| Protein | 1.7 |
| Digestible protein | 0 |
| Fats | 2.4 |
| Fiber | 0.9 |
| Net carbs | 3.8 |
| Calories | 45 kcal |
| **Indexes** | |
| Glycemic index | 13.5 |
| Glycemic load | 1.2 |
| Insulin index, II | **18.7** |
| Inflammatory index, DII | -0.32 |
| Antioxidant, ORAC | 340 |

## Cooking time, min

| | |
|---|---|
| **Slice** | 10 |
| **Bring to a boil** | 5 |
| **Boil** | 30 |
| **Blend** | 5 |
| **Preparation** | 5 |
| **Bring to a boil** | 5 |
| **Preparation** | 5 |
| | **1 h 5 min** |

Clean the celery root (1 piece), separate the cauliflower (a few florets), and chop the white part of the leek (2 stalks). Rinse the vegetables and place them in a pot.

Cover with water so that it completely covers the vegetables.

Bring to a boil, reduce the heat, and simmer for about 30 minutes until soft.

Drain some of the liquid and blend the vegetables with a blender until smooth.

Add cream (100 ml) — coconut, goat, or heavy cow’s cream, and blend again until creamy.

Season with salt and pepper to taste, add finely chopped rosemary leaves (1 tsp), and a pinch of nutmeg. Bring to a boil and remove from heat.

Before serving, sprinkle the soup with black sesame seeds (1 tsp) and drizzle with truffle or olive oil (1 tsp). Garnish with microgreens.

Digestion time: 3 hours

**Allowed on diets**

Keto, Paleo (Allowed on a non-strict version), Mediterranean (In moderate amounts), Anti-Candida (ACP) (In a moderate version), Gluten-free Casein-free (GFCF), Specific Carbohydrate Diet (SCD) (In the expanded version), Ketogenic Therapeutic

**Health benefits (3)**

✓ **Photoprotection**: Collagen

✓ **Skin, hair and nails**: Collagen

✓ **Skin support**: Collagen

## Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: boiling/stewing.

### Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Vitamin U | | | | | | | | | 1 | 5 | 1 | 5 |
| Collagen | 36 | **181** | 36 | **181** | 36 | **181** | 36 | **181** | 18 | **91** | 6 | 30 |
| Vitamin K | 12 | 60 | 17 | **86** | 17 | **86** | 27 | **136** | 12 | 60 | 3 | 15 |
| Iron | 7 | 35 | 3 | 15 | 2 | 10 | 6 | 30 | 4 | 20 | 1 | 5 |
| Sodium | 7 | 35 | 7 | 35 | 7 | 35 | 14 | **70** | 7 | 35 | 3 | 15 |
| Potassium | 6 | 30 | 7 | 35 | 7 | 35 | 8 | 40 | 5 | 25 | 4 | 20 |
| Phosphorus | 6 | 30 | 6 | 30 | 6 | 30 | 9 | 45 | 4 | 20 | 2 | 10 |
| Vitamin B6 | 6 | 30 | 6 | 30 | 4 | 20 | 12 | 60 | 2 | 10 | 1 | 5 |
| Copper | 5 | 25 | 5 | 25 | 5 | 25 | 11 | 55 | 3 | 15 | 2 | 10 |
| Vitamin C | 5 | 25 | 5 | 25 | 5 | 25 | 16 | **80** | 1 | 5 | 1 | 5 |

# Fermentation and pickling

# Broken cucumbers

Fermentation and pickling

A source of vitamins and minerals, this salad is rich in antioxidants and healthy fats from sesame oil. The refreshing taste of cucumbers and the spiciness of garlic make it an ideal side dish for light meals.

**Servings: 4** (**1 serving ≈** 250 grams)
**Difficulty:** very easy

Vegan dishes

| Ingredient | Amount, g | |
|---|---|---|
| **Cucumbers** | 900 | 6 pcs |
| **Apple cider vinegar** | 45 | 3 tbsp |
| **Sesame oil** | 30 | 2 tbsp |
| **Garlic** | 10 | 2 pcs |
| **Cooking salt** | 10 | 1.7 tsp |
| **Chili pepper** | 5 | 1.7 tbsp |
| **Optional ingredients:** | | |
| **Chile** | 2 | 1 tsp |
| **Yield:** | **1 000** g | |

| | 100 g |
|---|---|
| Protein | 0.6 |
| Fats | 3.1 |
| Fiber | 0.9 |
| Net carbs | 2.7 |
| Fructose | 0.1 |
| Calories | 43 kcal |
| **Indexes** | |
| Glycemic index | 13.6 |
| Glycemic load | 0.9 |
| Insulin index, II | **4.9** |
| Inflammatory index, DII | **-0.55** |
| Antioxidant, ORAC | 344 |

## Cooking time, min

| | |
|---|---|
| **Preparation** | 10 |
| **Slice** | 5 |
| **Mix** | 5 |
| Chill in the refrigerator | 30 |
| | **20 min - 50 min** |

Smash fresh cucumbers (5–7 pcs) with a mallet or rolling pin until they crack slightly.

Cut them into large elongated pieces and place them in a bowl.

Add salt (to taste) and let them sit for 10 minutes to release their juice.

Chop garlic (2 cloves) and a bit of chili pepper (to taste). Add to the cucumbers.

Pour in sesame oil (2 tbsp) and apple cider vinegar (3 tbsp). Mix well.

> Sesame oil gives the dish a nutty aroma and enhances the flavor.

Serve chilled as a light snack.

Digestion time: 4 hours

**Allowed on diets**

Keto, Paleo (Allowed on a non-strict version), Mediterranean (In moderate amounts), Anti-Candida (ACP) (In a moderate version), DASH (In a light version), Low Lectin Diet, Gluten-free Casein-free (GFCF), Specific Carbohydrate Diet (SCD) (In the expanded version), Ketogenic Therapeutic, FMD

## Nutrients, % of the recommended daily intake

### Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Fructose | | | | | | | | | | | | |
| Chlorine | 26 | 65 | 26 | 65 | 26 | 65 | 32 | **80** | 26 | 65 | 7 | 18 |
| Sodium | 17 | 43 | 17 | 43 | 17 | 43 | 32 | **80** | 16 | 40 | 8 | 20 |
| Vitamin K | 7 | 18 | 10 | 25 | 10 | 25 | 16 | 40 | 7 | 18 | 2 | 5 |
| Vitamin B5 | 5 | 13 | 5 | 13 | 4 | 10 | 8 | 20 | 2 | 5 | 1 | 3 |

### Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Linoleic acid (Omega-6) | 7 | 18 | 10 | 25 | 9 | 23 | 18 | 45 | | | 21 | 53 |

# Canned lemons

Fermentation and pickling

A source of vitamin C and antioxidants, preserved lemons help strengthen the immune system and improve digestion. Their bright sour flavor adds freshness to dishes, making them perfect for marinades and sauces.

**Difficulty:** easy

Vegan dishes

| Ingredient | Amount, g | |
|---|---|---|
| **Lemon** | 500 | 3.9 pcs |
| **Cooking salt** | to taste | |
| **Cinnamon** | to taste | |
| **Optional ingredients:** | | |
| **Cinnamon** | 5 | 2 tsp |
| **Yield:** | **500** g | |

| | 100 g |
|---|---|
| Protein | 1.1 |
| Fats | 0.3 |
| Fiber | 2.8 |
| Net carbs | 6.5 |
| Fructose | 1 |
| Calories | 29 kcal |
| **Indexes** | |
| Glycemic index | 20 |
| Glycemic load | 2 |
| Insulin index, II | **5** |
| Inflammatory index, DII | **-0.60** |
| Antioxidant, ORAC | 1 500 |

## Cooking time, min

| | |
|---|---|
| **Slice** | 10 |
| **Preparation** | 10 |
| **Let stand** | 14 days |
| | **14 days 20 min** |

Roll the lemons (500 g) on the table, gently pressing to soften them.

Cut each lemon in half crosswise, then lengthwise into 4 pieces, without cutting all the way through. Open them like a flower. Remove the seeds.

Sprinkle the cuts with salt. Put a little salt at the bottom of a sterilized jar (0.5 L).

Layer the lemons, sprinkling each layer with salt. Add cinnamon sticks (to taste).

If there is not enough juice, squeeze additional juice from fresh lemons directly into the jar.

Cover with a weight and a lid. Keep at room temperature for 2 weeks for fermentation. Then store in the refrigerator.

Digestion time: 2 hours

### Allowed on diets

Keto, Paleo, Mediterranean (In moderate amounts), Anti-Candida (ACP), FODMAP, DASH (In a light version), GAPS, Low Lectin Diet, Gluten-free Casein-free (GFCF), Specific Carbohydrate Diet (SCD), Ketogenic Therapeutic, Low Oxalate Diet (In a moderate version), FMD (allowed in a gentle FMD)

### Health benefits (6)

- ✓ **Intimate health (circulation)**: C
- ✓ **Virus protection**: C
- ✓ **Boosting immunity**: C
- ✓ **Skin support**: C
- ✓ **Photoprotection**: C
- ✓ **Skin, hair and nails**: C

## Nutrients, % of the recommended daily intake

### Minerals, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Fructose | | | | | | |
| Vitamin C | 59 | **71** | 62 | **212** | 11 | 3 |
| Iron | 8 | 3 | 2 | 6 | 4 | 1 |
| Fibers | 7 | 11 | 10 | 11 | | 7 |
| Vitamin B6 | 6 | 6 | 4 | 13 | 3 | 1 |

# Crispy lightly salted cucumbers

Fermentation and pickling

A source of vitamins and minerals, crispy lightly salted cucumbers help maintain water balance and improve digestion due to their fiber content. Their refreshing taste makes them an ideal snack for a keto diet.

**Servings: 8** (**1 serving ≈** 450 grams)
**Difficulty:** easy

Vegan dishes

| Ingredient | Amount, g | |
|---|---|---|
| **Water** | 2000 | |
| **Cucumbers** | 1500 | |
| **Cooking salt** | 36 | 2 tbsp |
| **Garlic** | 30 | 6 pcs |
| **Currant leaves** | 20 | 6.7 tbsp |
| **Dill** | 10 | |
| **Allspice** | 2 | 1 tsp |
| **Bay leaf** | 1.2 | 4 pcs |
| **Carnation** | 1.2 | 1/2 tsp |
| **Optional ingredients:** | | |
| **Chili pepper** | 5 | 1.7 tbsp |
| **Horseradish** | 20 | 1.1 tbsp |
| **Yield:** | **3 600** g | |

| | 100 g |
|---|---|
| Protein | 0.3 |
| Fats | 0.1 |
| Fiber | 0.5 |
| Net carbs | 1.4 |
| Fructose | 0 |
| Calories | 8 kcal |
| **Indexes** | |
| Glycemic index | 6.4 |
| Glycemic load | 0.4 |
| Insulin index, II | **2.4** |
| Inflammatory index, DII | -0.24 |
| Antioxidant, ORAC | 301 |

## Cooking time, min

| | |
|---|---|
| **Preparation** | 1 h |
| **Slice** | 10 |
| **Freeze** | 1 h |
| **Bring to a boil** | 2 |
| **Reduce** | 2 |
| **Let stand** | 18 |
| **Chill in the refrigerator** | 2 h |
| | **4 h 32 min** |

Select cucumbers (1.5 kg) no longer than 7 cm. Wash, dry, and trim the ends.

> For maximum crunchiness, soak the cucumbers in ice water for 45–60 minutes before packing.

Peel the garlic (5–6 cloves) and slice it thinly.

Wash and dry the horseradish leaves (1–2 pcs), cherry leaves (3 pcs), black currant leaves (5–6 pcs), and dill (3 sprigs).

Place some of the greens and garlic at the bottom of a clean three-liter jar. Arrange the cucumbers vertically, layering with the remaining greens and garlic.

> If you like it spicier, add a piece of horseradish root (20–30 g) or a ring of hot pepper (to taste).

In a pot, combine drinking water (2 l), salt (2 tbsp), allspice (8–10 pcs), cloves (3–4 buds), and bay leaves (3–4 pcs). Bring to a boil and simmer for 2 minutes.

Remove the brine from the heat and immediately pour it over the cucumbers to the top. Cover with a lid or plate.

Leave at room temperature for 12–18 hours for a lightly salted taste. For a more intense flavor, let it sit for up to 24 hours.

Transfer to the refrigerator and chill for 1–2 hours before serving.

Digestion time: 3 hours

**Allowed on diets**

Keto, Paleo, Mediterranean (In moderate amounts), Anti-Candida (ACP) (In a moderate version), DASH (In a light version), Gluten-free Casein-free (GFCF), Specific Carbohydrate Diet (SCD), Ketogenic Therapeutic, FMD (allowed in a gentle FMD)

## Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: boiling/stewing.

### Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Fructose | | | | | | | | | | | | |
| Chlorine | 23 | **104** | 23 | **104** | 23 | **104** | 28 | **126** | 23 | **104** | 6 | 27 |
| Sodium | 15 | 68 | 15 | 68 | 15 | 68 | 29 | **131** | 14 | 63 | 7 | 32 |

# Pizza and pies

# Celery root lasagna with baba ghanoush

Pizza and pies

A source of fiber and vitamins, this dish supports heart health thanks to the healthy fats from olive oil and bacon. The tender taste of celery and sun-dried tomatoes harmoniously blends with the spices, creating a rich and aromatic experience. Perfect for a keto diet and maintaining energy.

**Equipment:**

Oven

**Servings: 4** (**1 serving** ≈ 71 grams)
**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| Celery root | 150 | 1/3 pcs |
| Egg | 50 | 1 pcs |
| Sun-dried tomatoes | 50 | 8.3 tbsp |
| Bacon | 28 | |
| Parsley | 5 | |
| Cumin | 0.3 | 1/8 tsp |
| Olive oil | to taste | |
| Cooking salt | to taste | |
| **Yield:** | **283** g | |

| | 100 g |
|---|---|
| Protein | 9.2 |
| Digestible protein | 5.9 |
| Fats | 6.7 |
| Fiber | 2.3 |
| Net carbs | 12.7 |
| Fructose | 0.2 |
| Calories | 148 kcal |
| **Indexes** | |
| Glycemic index | 21.3 |
| Glycemic load | 3.3 |
| Insulin index, II | **30.3** |
| Inflammatory index, DII | -0.20 |
| Antioxidant, ORAC | 1 200 |

## Cooking time, min

| | |
|---|---|
| **Slice** | 10 |
| **Fry** | 10 |
| **Preparation** | 10 |
| **Bake in the oven** | 25 |
| | **55 min** |

## Preparing the celery

Start by preparing the celery root (150 g). Slice it thinly using a vegetable peeler. Generously sprinkle with salt and drizzle with sesame oil (1 tsp).

## Making the sauce

Next, prepare the bacon (1 slice): cut it into small pieces. Sun-dried tomatoes (50 g) should also be diced into small cubes.

Heat a pan without oil and add the bacon. Fry until the fat is rendered.

When the bacon is crispy, add the sun-dried tomatoes to the pan. Season the mixture with cumin (a pinch) and chopped parsley (2-3 sprigs), then salt to taste. Mix thoroughly and let it warm up a bit.

## Assembling the lasagna

In a separate bowl, beat an egg with a fork (1 piece).

On the bottom of a heatproof dish, place a layer of celery root, then add baba ghanoush made from eggplant (recipe attached below) and a little egg.

Next layer: celery root, the mixture with sun-dried tomatoes and bacon, followed by more egg.

Repeat these layers until all ingredients are used. The final layer should be celery root, then sun-dried tomatoes with bacon.

Cover the lasagna dish with parchment paper and place it in a preheated oven at 180 degrees.

Bake the dish for 20-25 minutes until golden brown.

## Related recipes

Baba ghanoush

Digestion time: 4 hours

Complete protein: ✔

**Allowed on diets**

Keto (In a small amount), Paleo (Allowed on a non-strict version), Gluten-free Casein-free (GFCF) (In a moderate version), Ketogenic Therapeutic

# Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: baking.

## Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Fructose | | | | | | | | | | | | |
| Vitamin K | 39 | 28 | 52 | 37 | 52 | 37 | **85** | 60 | 39 | 28 | 9 | 6 |
| Phosphorus | 25 | 18 | 25 | 18 | 25 | 18 | 35 | 25 | 18 | 13 | 9 | 6 |
| Iron | 17 | 12 | 8 | 6 | 5 | 4 | 14 | 10 | 9 | 6 | 3 | 2 |
| Copper | 16 | 11 | 16 | 11 | 14 | 10 | 33 | 23 | 10 | 7 | 5 | 4 |
| Vitamin B5 | 15 | 11 | 15 | 11 | 12 | 9 | 25 | 18 | 7 | 5 | 1 | 1 |
| Potassium | 14 | 10 | 19 | 13 | 17 | 12 | 21 | 15 | 12 | 9 | 10 | 7 |
| Selenium | 14 | 10 | 14 | 10 | 13 | 9 | 26 | 18 | 8 | 6 | 2 | 1 |
| Vitamin B6 | 13 | 9 | 13 | 9 | 9 | 6 | 29 | 21 | 6 | 4 | 1 | 1 |
| Vitamin B2 | 13 | 9 | 16 | 11 | 12 | 9 | 29 | 21 | 6 | 4 | 1 | 1 |
| Vitamin C | 12 | 9 | 14 | 10 | 13 | 9 | 43 | 31 | 2 | 1 | 1 | 1 |
| Vitamin B3 | 11 | 8 | 13 | 9 | 10 | 7 | 23 | 16 | 9 | 6 | 1 | 1 |
| Vitamin B7 | 11 | 8 | 11 | 8 | 9 | 6 | 27 | 19 | 1 | 1 | 1 | 1 |
| Vitamin B1 | 10 | 7 | 11 | 8 | 9 | 6 | 21 | 15 | 6 | 4 | 1 | 1 |
| Chlorine | 10 | 7 | 10 | 7 | 10 | 7 | 12 | 9 | 10 | 7 | 3 | 2 |
| Sodium | 9 | 6 | 9 | 6 | 9 | 6 | 17 | 12 | 8 | 6 | 4 | 3 |
| Vitamin B12 | 8 | 6 | 8 | 6 | 7 | 5 | 7 | 5 | 6 | 4 | 1 | 1 |
| Magnesium | 7 | 5 | 9 | 6 | 8 | 6 | 22 | 16 | 5 | 4 | 4 | 3 |
| Vitamin B4 (Choline) | 7 | 5 | 10 | 7 | 9 | 6 | 16 | 11 | 4 | 3 | 2 | 1 |
| Zinc | 6 | 4 | 8 | 6 | 6 | 4 | 13 | 9 | 1 | 1 | 1 | 1 |
| Calcium | 6 | 4 | 6 | 4 | 6 | 4 | 6 | 4 | 6 | 4 | 5 | 4 |
| Fibers | 5 | 4 | 8 | 6 | 7 | 5 | 8 | 6 | | | 5 | 4 |

## Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Cholesterol | 54 | 38 | 54 | 38 | 54 | 38 | **215** | **153** | | | **107** | **76** |
| Linoleic acid (Omega-6) | 22 | 16 | 31 | 22 | 28 | 20 | 52 | 37 | | | 61 | 43 |
| Oleic acid (Omega-9) | 19 | 13 | 24 | 17 | 21 | 15 | 34 | 24 | | | 26 | 18 |
| Palmitic acid (Saturated) | 19 | 13 | 19 | 13 | 19 | 13 | 29 | 21 | | | 37 | 26 |
| Arachidonic acid (AA, Omega-6) | 13 | 9 | 39 | 28 | 26 | 18 | **78** | 55 | | | 8 | 6 |

# Chicken and spinach quiche

Pizza and pies

A source of protein, vitamins, and minerals, this dish supports muscle and bone health thanks to chicken fillet and spinach. The creamy texture of the cream and the rich flavor of almond flour make it perfect for a keto diet.

**Equipment:**

Oven

**Servings: 4** (**1 serving** ≈ 187 grams)
**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| Egg | 300 | 6 pcs |
| Cream | 150 | |
| Chicken breast (fillet) | 75 | 1/4 pcs |
| Almond flour | 75 | 6.25 tbsp |
| Sesame | 75 | 8.3 tbsp |
| Spinach | 30 | |
| Butter | 25 | 1.7 tbsp |
| Psyllium ↺ | 10 | 2.5 tsp |
| Cooking salt | 6 | 1 tsp |
| **Yield:** | **746** g | |

| | 100 g |
|---|---|
| Protein | 12.9 |
| Digestible protein | 10.4 |
| Fats | 24.5 |
| Fiber | 2.7 |
| Net carbs | 2.8 |
| Fructose | 0 |
| Calories | 293 kcal |
| **Indexes** | |
| Glycemic index | 5.6 |
| Glycemic load | 0.6 |
| Insulin index, II | **24.7** |
| Inflammatory index, DII | -0.07 |
| Antioxidant, ORAC | 1 031 |

## Cooking time, min

| | |
|---|---|
| **Mix dry ingredients** | 10 |
| **Knead the dough** | 10 |
| **Bake in the oven** | 5 |
| **Mix** | 10 |
| **Slice** | 5 |
| **Preparation** | 5 |
| **Bake in the oven** | 12 |
| | **57 min** |

## Preparing the Base

For this, mix almond flour (75 g), sesame flour (75 g), and psyllium (10 g) in one container.

Then add softened butter (25 g) and mix thoroughly.

After that, add the egg (1 pcs).

Knead the mixture until a uniform dough is obtained.

Carefully spread the resulting dough over the bottom and sides of the baking pan.

> No need to grease the pan, as butter has already been added to the dough.

Place the pan in a preheated oven at 180 degrees and bake for 5 minutes.

## Preparing the Filling

In a separate container, break the eggs (5 pcs) and add heavy cream (150 g).

Add salt (1 tsp) and beat the mixture with a whisk or fork.

Boiled chicken fillet (75 g) cut into small cubes or shred into fibers.

Also, cut spinach (30 g) into thin strips or chop it in a blender.

## Cooking the Quiche

As soon as the quiche base is ready, carefully place the chicken and spinach in it. Then pour the prepared egg-cream mixture over everything.

Put the quiche in the oven and bake for another 10-12 minutes at a temperature of 180 degrees.

### Substitution options

- **Psyllium:** Guar gum - You need to use half as much as psyllium. Plus, add 10% water. Guar thickens more; increasing the water will keep the dough elastic. The crust of the bread darkens less., Chia seeds - 0.8 parts of seeds (ground) plus 2 parts of water. Chia forms a gel from soluble fiber and retains moisture. The bread becomes more moist, the crust darkens faster — reduce the baking temperature by 5 °C.

Digestion time: 3 hours

Complete protein: ✔

**Allowed on diets**

Keto, Paleo (Allowed on a non-strict version), Anti-Candida (ACP) (In a moderate version), FODMAP (During the reintroduction phase), Low Lectin Diet (In a moderate version), Specific Carbohydrate Diet (SCD) (In the expanded version), Ketogenic Therapeutic

**Health benefits (7)**

✓ **Nervous system (stress support)**: Tryptophan

✓ **Women’s health and hormonal balance**: Oleic acid (Omega-9)

✓ **Men’s strength and endurance**: Cholesterol

✓ **Liver health**: B4 (Choline)

✓ **Lowering blood sugar**: Oleic acid (Omega-9)

✓ **Sleep and relaxation**: Tryptophan

✓ **Detoxification**: B4 (Choline)

# Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: baking.

## Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Vitamin U | | | | | | | | | 1 | 2 | 1 | 2 |
| Fructose | | | | | | | | | | | | |
| Copper | 60 | **112** | 60 | **112** | 54 | **101** | **124** | **232** | 36 | 67 | 18 | 34 |
| Iron | 35 | 65 | 16 | 30 | 10 | 19 | 28 | 52 | 19 | 36 | 6 | 11 |
| Selenium | 34 | 64 | 34 | 64 | 31 | 58 | 62 | **116** | 19 | 36 | 5 | 9 |
| Phosphorus | 33 | 62 | 33 | 62 | 33 | 62 | 46 | **86** | 23 | 43 | 11 | 21 |
| Vitamin B2 | 28 | 52 | 33 | 62 | 26 | 49 | 61 | **114** | 12 | 22 | 1 | 2 |
| Vitamin A | 26 | 49 | 33 | 62 | 30 | 56 | 58 | **108** | 15 | 28 | 15 | 28 |
| Vitamin B7 | 25 | 47 | 25 | 47 | 21 | 39 | 62 | **116** | 3 | 6 | 1 | 2 |
| Chlorine | 24 | 45 | 24 | 45 | 24 | 45 | 29 | 54 | 24 | 45 | 6 | 11 |
| Manganese | 23 | 43 | 29 | 54 | 26 | 49 | 35 | 65 | 23 | 43 | 11 | 21 |
| Vitamin B4 (Choline) | 20 | 37 | 25 | 47 | 24 | 45 | 43 | **80** | 11 | 21 | 5 | 9 |
| Vitamin E | 19 | 36 | 19 | 36 | 19 | 36 | 41 | **77** | 3 | 6 | 1 | 2 |
| Magnesium | 17 | 32 | 23 | 43 | 20 | 37 | 56 | **105** | 12 | 22 | 9 | 17 |
| Calcium | 17 | 32 | 17 | 32 | 17 | 32 | 17 | 32 | 17 | 32 | 14 | 26 |
| Vitamin B12 | 17 | 32 | 17 | 32 | 15 | 28 | 14 | 26 | 13 | 24 | 1 | 2 |
| Sodium | 17 | 32 | 17 | 32 | 17 | 32 | 32 | 60 | 15 | 28 | 8 | 15 |
| Zinc | 16 | 30 | 22 | 41 | 16 | 30 | 35 | 65 | 3 | 6 | 3 | 6 |
| Vitamin B6 | 16 | 30 | 16 | 30 | 11 | 21 | 35 | 65 | 7 | 13 | 1 | 2 |
| Vitamin B5 | 15 | 28 | 15 | 28 | 12 | 22 | 24 | 45 | 7 | 13 | 1 | 2 |
| Vitamin K | 14 | 26 | 18 | 34 | 18 | 34 | 30 | 56 | 14 | 26 | 3 | 6 |
| Boron | 12 | 22 | 12 | 22 | 12 | 22 | 24 | 45 | | | 4 | 7 |
| Vitamin B1 | 11 | 21 | 12 | 22 | 10 | 19 | 22 | 41 | 7 | 13 | 1 | 2 |
| Vitamin B3 | 9 | 17 | 11 | 21 | 8 | 15 | 18 | 34 | 7 | 13 | 1 | 2 |
| Fibers | 9 | 17 | 14 | 26 | 12 | 22 | 14 | 26 | | | 8 | 15 |
| Potassium | 8 | 15 | 10 | 19 | 9 | 17 | 12 | 22 | 7 | 13 | 5 | 9 |
| Iodine | 8 | 15 | 8 | 15 | 5 | 9 | 13 | 24 | 6 | 11 | 1 | 2 |
| Coenzyme Q10 | 8 | 15 | 8 | 15 | 8 | 15 | 24 | 45 | 2 | 4 | 1 | 2 |
| Vitamin B9 | 7 | 13 | 7 | 13 | 5 | 9 | 14 | 26 | 7 | 13 | 3 | 6 |
| Vitamin D | 5 | 9 | 5 | 9 | 5 | 9 | 5 | 9 | 1 | 2 | 1 | 2 |
| Lutein | 5 | 9 | 5 | 9 | 5 | 9 | 8 | 15 | | | 1 | 2 |
| Fluorine | 5 | 9 | 5 | 9 | 5 | 9 | 18 | 34 | | | 5 | 9 |

## Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Cholesterol | **123** | **230** | **123** | **230** | **123** | **230** | **493** | **922** | | | **247** | **462** |
| Oleic acid (Omega-9) | 44 | **82** | 55 | **103** | 50 | **94** | **78** | **146** | | | 61 | **114** |
| Palmitic acid (Saturated) | 38 | **71** | 38 | **71** | 38 | **71** | 59 | **110** | | | **76** | **142** |
| Linoleic acid (Omega-6) | 19 | 36 | 27 | 50 | 25 | 47 | 46 | **86** | | | 54 | **101** |
| Arachidonic acid (AA, Omega-6) | 17 | 32 | 50 | **94** | 33 | 62 | **99** | **185** | | | 10 | 19 |
| Stearic acid (Saturated) | 8 | 15 | 10 | 19 | 10 | 19 | 13 | 24 | | | 19 | 36 |
| Alpha-linolenic acid (Omega-3) | 6 | 11 | 9 | 17 | 7 | 13 | 11 | 21 | 5 | 9 | 3 | 6 |

# Margherita pizza

Pizza and pies

A source of fiber and healthy fats, this dish supports gut health and promotes satiety. The combination of fresh tomatoes and basil adds a vibrant flavor, while the mozzarella contributes a creamy texture, creating a harmonious culinary delight.

**Equipment:**

Oven

**Servings: 2** (**1 serving** ≈ 239 grams)
**Difficulty:** easy

| Ingredient | Amount, g | |
|---|---|---|
| Almond flour | 150 | |
| Tomato | 120 | 1.2 pcs |
| Egg | 100 | 2 pcs |
| Mozzarella | 70 | |
| Coconut flakes or flour | 15 | 1.7 tbsp |
| Water | 14 | 2.8 tsp |
| Psyllium ↺ | 3 | 3/4 tsp |
| Garlic | 3 | 1/2 pcs |
| Basil | 2 | |
| Baking powder without starch ↺ | 1 | 1/4 tsp |
| **Yield:** | **478** g | |

| | 100 g |
|---|---|
| Protein | 13.3 |
| Digestible protein | 9.7 |
| Fats | 24.5 |
| Fiber | 2.5 |
| Net carbs | 3.1 |
| Fructose | 0.4 |
| Calories | 303 kcal |
| **Indexes** | |
| Glycemic index | 9.9 |
| Glycemic load | 0.6 |
| Insulin index, II | **25.9** |
| Inflammatory index, DII | -0.30 |
| Antioxidant, ORAC | 1 753 |

## Cooking time, min

| | |
|---|---|
| **Knead the dough** | 7 |
| **Boil** | 7 |
| **Preparation** | 5 |
| **Bake in the oven** | 20 |
| | **39 min** |

Margherita Pizza is a classic dish of Italian cuisine that can be adapted for the keto diet using low-carb ingredients.

In this article, we will explain how to prepare a keto version of pizza using almond and coconut flour.

## Dough

For the dough, you will need the following ingredients: almond flour (150g), coconut flour (15g), baking powder (half a teaspoon or 1g), psyllium husk (3g), eggs (2) and water (14g).

Start by mixing almond flour, coconut flour, baking powder, and psyllium husk in a large bowl. These ingredients will form the base of your dough.

Then add the eggs and water to the dry mixture. Mix all the components well until you get a uniform dough.

If the dough seems too dry, you can add a little water, but watch the consistency. It should be elastic but not sticky.

## Sauce

Now, let’s move on to preparing the sauce. You will need crushed tomatoes (120g), fresh basil (2g), salt to taste, and a clove of garlic (3g). In a small saucepan, put the crushed tomatoes and add finely chopped garlic. Mix well and bring to a simmer over medium heat.

Once the sauce starts to simmer, reduce the heat and add fresh basil. Let the sauce simmer for a few minutes to blend the flavors. Don’t forget to add salt to taste. When the sauce is ready, remove it from the heat and let it cool slightly.

## Toppings

For the toppings, you will need cherry tomatoes (50g) and mozzarella cheese balls (70g). Wash the cherry tomatoes and cut them in half. You can also leave the mozzarella whole or cut it into small pieces, depending on your preference.

## Assembling the Pizza

Now that all the components are ready, you can start assembling the pizza. Preheat the oven to 220°C. On a baking sheet lined with parchment paper, place the dough and roll it out into a circle, trying to make it evenly thick.

Evenly spread the sauce on the rolled-out dough, leaving some space around the edges. Top with the sliced cherry tomatoes and mozzarella balls. Place the pizza in the preheated oven and bake for about 15-20 minutes until the crust is golden and the cheese is melted.

### Substitution options

- **Psyllium:** Guar gum - You need to use half as much as psyllium. Plus, add 10% water. Guar thickens more; increasing the water will keep the dough elastic. The crust of the bread darkens less., Chia seeds - 0.8 parts of seeds (ground) plus 2 parts of water. Chia forms a gel from soluble fiber and retains moisture. The bread becomes more moist, the crust darkens faster — reduce the baking temperature by 5 °C.
- **Baking powder without starch:** Cream of tartar - 2 parts tartar to 1 part baking soda. The mixture is completely gluten-free. The reaction is instant, so the dough needs to be baked immediately, otherwise the gas will escape.

Digestion time: 3 hours

Complete protein: ✔

### Allowed on diets

Keto, Paleo (Allowed on a non-strict version), Mediterranean (In moderate amounts), Anti-Candida (ACP) (In a moderate version), Specific Carbohydrate Diet (SCD) (In the expanded version), Ketogenic Therapeutic

### Health benefits (6)

- ✓ **Intimate health (circulation)**: E
- ✓ **Photoprotection**: E
- ✓ **Women's health and hormonal balance**: Oleic acid (Omega-9)
- ✓ **Lowering blood sugar**: Oleic acid (Omega-9)
- ✓ **Skin, hair and nails**: E
- ✓ **Skin support**: E

## Nutrients, % of the recommended daily intake

The tables show nutrients after cooking. Values include average losses for the main cooking method: baking.

### Minerals, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Fructose | | | | | | | | | | | | |
| Vitamin E | 48 | **115** | 48 | **115** | 48 | **115** | **102** | **244** | 7 | 17 | 3 | 7 |
| Copper | 41 | **98** | 41 | **98** | 37 | **88** | **84** | **201** | 25 | 60 | 12 | 29 |
| Manganese | 36 | **86** | 45 | **108** | 41 | **98** | 54 | **129** | 36 | **86** | 16 | 38 |
| Phosphorus | 36 | **86** | 36 | **86** | 36 | **86** | 50 | **120** | 25 | 60 | 13 | 31 |
| Vitamin B2 | 31 | **74** | 36 | **86** | 28 | 67 | 66 | **158** | 13 | 31 | 1 | 2 |
| Boron | 29 | **69** | 29 | **69** | 29 | **69** | 59 | **141** | | | 9 | 22 |
| Iron | 23 | 55 | 10 | 24 | 7 | 17 | 18 | 43 | 12 | 29 | 4 | 10 |
| Magnesium | 22 | 53 | 29 | **69** | 26 | 62 | **71** | **170** | 15 | 36 | 12 | 29 |
| Vitamin B12 | 20 | 48 | 20 | 48 | 18 | 43 | 17 | 41 | 16 | 38 | 1 | 2 |
| Selenium | 17 | 41 | 17 | 41 | 15 | 36 | 30 | **72** | 9 | 22 | 2 | 5 |
| Zinc | 17 | 41 | 23 | 55 | 17 | 41 | 37 | **88** | 4 | 10 | 4 | 10 |
| Calcium | 17 | 41 | 17 | 41 | 17 | 41 | 17 | 41 | 17 | 41 | 15 | 36 |
| Vitamin B7 | 16 | 38 | 16 | 38 | 13 | 31 | 39 | **93** | 2 | 5 | 1 | 2 |
| Lycopene | 15 | 36 | 15 | 36 | 15 | 36 | 30 | **72** | | | 3 | 7 |
| Vitamin B4 (Choline) | 11 | 26 | 15 | 36 | 14 | 33 | 25 | 60 | 6 | 14 | 3 | 7 |
| Fibers | 11 | 26 | 17 | 41 | 16 | 38 | 17 | 41 | | | 11 | 26 |
| Potassium | 10 | 24 | 13 | 31 | 12 | 29 | 15 | 36 | 9 | 22 | 7 | 17 |
| Vitamin B5 | 9 | 22 | 9 | 22 | 7 | 17 | 15 | 36 | 4 | 10 | 1 | 2 |
| Vitamin B6 | 8 | 19 | 8 | 19 | 5 | 12 | 17 | 41 | 3 | 7 | 1 | 2 |
| Vitamin B3 | 7 | 17 | 8 | 19 | 6 | 14 | 14 | 33 | 6 | 14 | 1 | 2 |
| Vitamin B1 | 7 | 17 | 8 | 19 | 6 | 14 | 14 | 33 | 4 | 10 | 1 | 2 |
| Vitamin B9 | 6 | 14 | 6 | 14 | 4 | 10 | 11 | 26 | 6 | 14 | 2 | 5 |
| Vitamin A | 5 | 12 | 7 | 17 | 6 | 14 | 11 | 26 | 3 | 7 | 3 | 7 |

### Lipids, %

| Nutrient | Men | | Women | | Pregnant | | Children (4-8 years old) | | Doctor's advice | | Therapeutic dose | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving | 100 g | serving |
| Cholesterol | 44 | **105** | 44 | **105** | 44 | **105** | **177** | **423** | | | **88** | **210** |
| Oleic acid (Omega-9) | 35 | **84** | 44 | **105** | 40 | **96** | 63 | **151** | | | 49 | **117** |
| Linoleic acid (Omega-6) | 21 | 50 | 30 | **72** | 28 | 67 | 51 | **122** | | | 60 | **143** |
| Palmitic acid (Saturated) | 17 | 41 | 17 | 41 | 17 | 41 | 26 | 62 | | | 34 | **81** |
| Arachidonic acid (AA, Omega-6) | 8 | 19 | 24 | 57 | 16 | 38 | 48 | **115** | | | 5 | 12 |

# Foods for Therapeutic Ketogenic Diet

The food section helps turn the diet from theory into shopping, cooking and substitution decisions. Look first at the foods that repeat across successful meals: they are usually easier to combine, easier to portion and more reliable for daily planning.

In the free version, this section contains only part of the full product list. The paid full version includes a wider product section together with more recipes, so it is more convenient for menu planning and replacements.

## 10% fat cream

| | 100 g |
|---|---|
| Protein | 2.8 |
| Digestible protein | 2.8 |
| Fats | 10 |
| Omega-6 : Omega-3 | **1 : 1** |
| Fiber | 0 |
| Net carbs | 3.6 |
| Calories | 117 kcal |
| **Indexes** | |
| Glycemic index | 3 |
| Glycemic load | 0 |
| Insulin index, II | **5** |
| Inflammatory index, DII | 0.10 |
| Antioxidant, ORAC | 600 |
| Protein digestibility, PDCAAS | 1 |

10% fat cream is a light drinking or cooking cream with a mild dairy flavor and moderate fat content. It is added to coffee, cream soups, sauces, omelets, egg bakes, stewed dishes and sugar-free desserts. Its texture is much lighter than 30-35% cream, it holds thickness poorly and is almost never suitable for a stable whipped cream.

For keto, it is usable but not the easiest product. 10% cream contains less fat than heavy cream while lactose remains. It can add light creaminess, but it does not always help build the needed fat content of a dish. It is best used where a soft dairy note is needed without a dense creamy base.

### Nutrition

Per 100 g, 10% fat cream contains about 118 kcal, around 3 g of protein, 10 g of fat and about 3-4 g of carbohydrates, mostly from lactose. The glycemic index is usually low, but the carbohydrates still need to be

counted. This is especially noticeable in drinks: 20-30 ml in one cup looks minor, but several cups during the day already add up.

Cream contains dairy fat, calcium and small amounts of vitamins typical of dairy foods. The main practical difference between 10% and 35% cream is the ratio of fat, water and lactose. Heavier cream often requires less product for the same creamy texture, while 10% cream is easier to overpour because it is liquid.

## Is It Keto-Friendly?

10% cream can fit keto if the portion is small and carbohydrates are counted. For strict keto, 30-35% cream is often more convenient: it is thicker, fattier and gives more richness from a smaller volume. Ten-percent cream is better seen as an addition for flavor and texture rather than the main fat source.

The ingredient list deserves attention. A simple product should contain cream or milk and cream; some versions include stabilizers. Sugar, starch, sweet flavorings, vanilla coffee mixes and ready creamy drinks change the product and are usually unsuitable for low-carb eating.

## How to Use It

10% cream works well in a light sauce, sugar-free coffee, omelet, cream soup or stewing where a thick fatty structure is not needed. It should not be boiled hard for a long time: the flavor becomes flatter and the sauce may separate. In hot dishes, it is easier to add cream near the end and warm it gently.

Practical options include:

- a small serving in sugar-free coffee or chicory;
- a light cream sauce for fish, chicken or turkey;
- an addition to omelet, frittata or egg bake;
- cream soup with cauliflower, broccoli or mushrooms without flour;
- stewed mushrooms, zucchini or spinach with herbs and spices;
- a base for a cold sauce with sugar-free mustard and lemon.

## Portion

For drinks, 15-30 ml is usually enough. For a sauce with several servings, 50-100 ml can be used and thickness can come from cheese, egg yolk, cream cheese or brief reduction over low heat. When cream is poured “by eye,” it quickly adds both calories and lactose even though the dish still looks light.

If the goal is clear creaminess from minimal volume, compare 10% and 30-35% cream in the specific recipe. Sometimes a teaspoon of heavier cream gives the same taste as several spoons of light cream. In other cases, such as cream soup, 10% cream gives the exact softness needed without a heavy texture.

## How to Choose

Choose cream with a short clear ingredient list and no sugar. Ultra-pasteurized versions are convenient to keep on hand, but after opening they still need refrigeration and timely use. If the package is swollen, the smell is sour, the taste is bitter or the liquid has flakes without heating, it is better not to use it.

For coffee, a clean dairy note without vanilla, caramel or sweetened additions matters. For sauces, cream without a strong sterilized aftertaste is more convenient: it combines more neatly with cheese, fish, poultry and mushrooms.

## How to Store It

A closed package should be stored according to the producer’s conditions. After opening, keep cream in the refrigerator, close it tightly and do not leave it on the table for long. It is better to pour into a separate spoon or measuring cup rather than returning leftovers from a cup or pan back into the package.

## Limits and Substitutes

Cream contains lactose and dairy proteins, so it may not suit dairy intolerance. If hunger returns quickly after coffee with cream, the reason may be too little fat in the portion, drinks that are too frequent or not enough protein in the meal.

10% cream can be replaced with 30-35% cream, unsweetened coconut cream, butter, cream cheese, sour cream or a mixture of heavy cream and water. The choice depends on the task: sauce needs thickness, coffee needs flavor, soup needs softness, and cream filling needs high fat and stable texture.

## Common Mistakes

The first mistake is treating 10% cream almost like milk that does not need to be counted. One cup uses a little, but repetition during the day changes the total. The second mistake is trying to whip it like heavy cream: there is not enough fat for a stable cream, so thickeners or powdered sugar are often added. For keto, heavy cream, cream cheese or mascarpone is a better choice.

The third mistake is thickening cream sauce with flour or starch. Low-carb options are simpler: cheese, egg yolk, cream cheese, slight reduction or heavier cream. Acid also needs care: lemon, tomatoes and strong boiling can curdle the sauce, so the acidic part is better added at the end while the heat stays moderate.

# Nutrients, % of the recommended daily intake

**Minerals, %**

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Vitamin B12 | 21 | 21 | 19 | 18 | 17 | 1 |
| Vitamin B2 | 15 | 18 | 14 | 33 | 7 | 1 |
| Phosphorus | 13 | 13 | 13 | 18 | 9 | 5 |
| Molybdenum | 11 | 11 | 10 | 23 | | 1 |
| Calcium | 10 | 10 | 10 | 10 | 10 | 8 |

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# 85% chocolate

| | 100 g |
|---|---|
| Protein | 8 |
| Fats | 53 |
| Omega-6 : Omega-3 | **5 : 1** |
| Fiber | 2 |
| Net carbs | 12 |
| Calories | 604 kcal |
| **Indexes** | |
| Glycemic index | 22 |
| Glycemic load | 13 |
| Insulin index, II | **22** |
| Inflammatory index, DII | -0.40 |
| Antioxidant, ORAC | 20 816 |

85% chocolate is dark chocolate in which cocoa products make up about 85% of the mass. Usually this means cocoa mass, cocoa butter, a little sugar or sweetener, sometimes vanilla and an emulsifier. Compared with milk chocolate, it is less sweet, more bitter, denser, and more intense in flavor.

For keto and LCHF, this chocolate is interesting not because it has no carbohydrates, but because a small portion usually contains less sugar than ordinary sweets. At the same time, it is calorie-dense, intense, and theobromine plus caffeine-like compounds may be noticeable, especially in the evening.

## Nutritional value

In 100 g of 85% chocolate there are often about 580–630 kcal, 50–55 g of fat, 7–10 g of protein, and roughly 20–30 g of total carbohydrates. Part of the carbohydrates is fiber, but sugar is also present unless the product is made with sweeteners. Exact numbers vary a lot by brand.

A practical keto portion is 5–15 g, or one to two small squares. In 10 g there may be about 2 g of total carbohydrates, but this should be checked on the label. Eating a whole bar at once easily turns a keto-style dessert into a significant carbohydrate and calorie load.

## Is it suitable for keto?

85% chocolate can fit keto if the portion is small and the ingredient list is clear. It is better to choose bars where cocoa products come first and sugar is not too high on the list. Versions with erythritol, stevia, or other low-carb sweeteners may be more convenient, but they have their own tolerance issues.

It is important to distinguish 85% chocolate from candies, bars, and desserts “with dark chocolate.” Fillings, syrups, dried fruit, wafers, caramel, and glaze change the composition. The cocoa percentage on the package does not remove the need to check carbohydrates per 100 g and per serving.

## How to use it

The simplest option is a small piece after a meal, not on an empty stomach. This makes it easier to stop at the planned portion. Chocolate can be grated over unsweetened Greek yogurt, added to chia pudding, melted with cocoa butter or cream, used in a berry sauce, or sprinkled over a mascarpone dessert.

In baking, dark chocolate pairs well with almond flour, coconut flour, nuts, cinnamon, vanilla, coffee, and berries. If melting chocolate, do it gently: over a water bath or in short bursts so it does not overheat and turn grainy.

## How to choose

A good bar has a short ingredient list: cocoa mass, cocoa butter, a little sugar or sweetener, sometimes vanilla and lecithin. If there are vegetable fats instead of cocoa butter, many syrups, fillings, and flavorings, it is a

different product. A higher cocoa percentage usually means less sweetness, but not always fewer carbohydrates.

Check not only the percentage but also the lines for carbohydrates and sugars. Different brands of 85% chocolate can vary noticeably. For a first try, take a small bar: bitterness, acidity, and astringency differ greatly between cocoa origins.

## What to pair it with

85% chocolate pairs well with coffee, nuts, coconut, cream, mascarpone, mint, cinnamon, vanilla, raspberries, strawberries, honeysuckle, and salt flakes. A small pinch of salt deepens the flavor and sometimes reduces the wish to add sweetness.

If a softer dessert is wanted, combine chocolate with a fatty base: cream, cream cheese, coconut cream, or sugar-free nut butter. This rounds the flavor while keeping the chocolate portion small.

## Limitations

In some people, dark chocolate can cause reflux, headache, rapid heartbeat, anxiety, or cravings for sweetness. Reactions to cocoa, milk traces, nuts, soy, or sweeteners are possible if they are present. In the evening, chocolate may disturb sleep because of theobromine and a small amount of caffeine.

With strict carbohydrate control, it is better to divide the bar into portions in advance. Chocolate with maltitol may cause digestive discomfort and in some people affect sugar more than expected.

If sweeteners are used, it is worth checking the exact type: erythritol, stevia, inulin, maltitol, and soluble fibers behave differently in taste and tolerance.

## How to store it

Keep chocolate in a dry, cool place, away from sun and strong smells. The refrigerator is not always needed: moisture can cause bloom and the bar can absorb odors. White bloom is often fat or sugar bloom; flavor may worsen, but this is not the same as mold.

After opening, wrap the bar back in foil or paper and place it in a closed container. This reduces odor absorption from coffee, spices, and the refrigerator.

## What can replace it?

For chocolate flavor, use unsweetened cocoa powder, cacao nibs, 90–100% chocolate, homemade cream ganache without sugar, or a dessert with cocoa and erythritol. If only a bitter accent is needed, coffee, cacao nibs, or a few berries with cinnamon can work.

# Nutrients, % of the recommended daily intake

### Minerals, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Iron | **149** | 66 | 44 | **119** | **79** | 24 |
| Copper | 56 | 56 | 50 | **114** | 33 | 17 |
| Magnesium | 54 | **71** | 63 | **175** | 38 | 29 |
| Phosphorus | 44 | 44 | 44 | 62 | 31 | 15 |
| Manganese | 32 | 41 | 37 | 49 | 32 | 15 |
| Zinc | 30 | 41 | 30 | 66 | 7 | 7 |
| Potassium | 21 | 28 | 25 | 31 | 18 | 14 |
| Vitamin K | 13 | 17 | 17 | 27 | 13 | 3 |
| Vitamin B7 | 10 | 10 | 9 | 25 | 1 | 1 |
| Vitamin B4 (Choline) | 8 | 10 | 9 | 17 | 4 | 2 |
| Vitamin B6 | 8 | 8 | 5 | 17 | 3 | 1 |
| Vitamin B3 | 8 | 9 | 7 | 16 | 6 | 1 |
| Calcium | 7 | 7 | 7 | 7 | 7 | 6 |
| Vitamin B5 | 5 | 5 | 4 | 8 | 2 | 1 |
| Vitamin B2 | 5 | 5 | 4 | 10 | 2 | 1 |

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# Albumin

| | 100 g |
|---|---|
| Protein | 81 |
| Digestible protein | 81 |
| Fats | 0.5 |
| Omega-6 : Omega-3 | **1 : 1** |
| Fiber | 0 |
| Net carbs | 3.7 |
| Calories | 352 kcal |
| **Indexes** | |
| Glycemic index | 0 |
| Glycemic load | 0 |
| Insulin index, II | 60 |
| Inflammatory index, DII | 0 |
| Antioxidant, ORAC | 100 |
| Protein digestibility, PDCAAS | 1 |

Albumin as a food product is a concentrated egg white obtained from chicken eggs by separating the white from the yolk, followed by pasteurization and drying. In dietary and sports practice, albumin is used as a source of complete animal protein with high biological value and minimal fat and carbohydrate content.

In modern practice, albumin is used in sports nutrition, clinical dietetics, and in the food industry for the production of functional products, desserts, and protein blends.

## Nutritional Value

Albumin belongs to the category of complete proteins as it contains all essential amino acids in physiologically significant amounts. In terms of amino acid composition, it is considered a standard and is often used as a reference point for assessing the quality of other proteins.

On average, dry egg albumin contains about 80–85% protein. The rest consists of water, trace amounts of minerals, and functional protein fractions. The caloric content of the product is formed almost exclusively from amino acids.

## Biological Features and Absorption

Albumin protein has high bioavailability; however, its absorption is somewhat slower compared to whey proteins. This is related to the structural characteristics of egg protein and the necessity for its complete digestion in the stomach and small intestine.

From a physiological standpoint, this can be an advantage as it provides a more even release of amino acids into the bloodstream without sharp peaks. For this reason, albumin is often considered a universal protein source regardless of the time of day.

## Application in Nutrition

Albumin is used in various types of diets, including low-carbohydrate and ketogenic meal plans. Due to the absence of sugars and minimal fat content, it allows for precise control of macronutrients.

Main applications include:

- supporting muscle mass during strength training;
- recovery after physical exertion;
- protein enrichment of the diet when carbohydrates are restricted;
- use in special and recovery diets;
- preparation of protein dishes and desserts.

## Can Albumin Be Replaced with Regular Egg White?

In recipes, dry albumin can be replaced with regular egg white. Albumin is essentially dehydrated protein, so substitution is possible, but it is important to accurately recalculate the amount and consider the difference in moisture.

Dry albumin and liquid egg white are equivalent not by weight but by protein content. On average, one egg white weighs about 30–33 g, but the dry matter in it is approximately 3–3.5 g, the rest is water. Therefore, the conversion is as follows:

30 g of dry albumin = approximately 9–10 egg whites.

### What to Consider When Replacing

When replacing dry albumin with liquid egg white, the moisture content of the dough or mixture changes. To ensure a stable result, consider the following points:

- reduce the amount of added liquid, as the egg white contains a lot of water;
- if necessary, increase the dry ingredients if the mixture is too liquid;
- consider the texture: albumin usually provides a denser and more predictable structure, while fresh egg white may yield a more airy but less stable result;
- for no-bake cold desserts, pasteurized product is preferable, as raw egg white requires heat treatment.

### When Replacement Works Best:

- keto baking, bread, pizza bases;
- protein pancakes and waffles;
- omelets, casseroles, and baked dishes.

### When It’s Better to Keep Albumin

- meringues and pavlovas, where stable foam is important;
- soufflés and desserts sensitive to moisture;
- recipes where consistency and exact structure are crucial;
- compositions without heat treatment if pasteurized egg white is not available.

## Differences from Other Protein Sources

Unlike dairy proteins, albumin does not contain casein or lactose, making it suitable for people with dairy intolerances.

Compared to whey protein, it is absorbed more slowly and does not cause sharp peaks in amino acids.

In comparison to meat products, albumin is easier to dose and use in conditions of reduced appetite or the need for quick meal preparation.

## Limitations and Features

Albumin is not a complete substitute for a varied diet and should not be considered the sole source of protein.

Excessive consumption may put a strain on the digestive system, especially with reduced stomach acidity.

For individuals with egg allergies, consumption of albumin is contraindicated. It is also important to consider individual tolerance and the total amount of protein in the diet.

## Dosage and Mixing

Dry albumin is better added to liquid gradually rather than poured in all at once. The powder can form lumps, especially in cold water or thick dough. It is easier to mix it first with a small part of the liquid, let it stand for a few minutes and then combine it with the remaining ingredients.

For keto recipes, albumin is useful where structure is needed without flour: protein waffles, crispbreads, omelets, casseroles and meringue with sweetener. But it adds almost no fat, so the finished dish often needs butter, cream, cheese or another fatty component if the goal is LCHF balance.

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# Allspice

| | 100 g |
|---|---|
| Protein | 6.1 |
| Fats | 5.2 |
| Fiber | 26.5 |
| Net carbs | 37.8 |
| Calories | 251 kcal |
| **Indexes** | |
| Glycemic index | 0 |
| Glycemic load | 0 |
| Insulin index, II | **10** |
| Inflammatory index, DII | -0.30 |
| Antioxidant, ORAC | 100 000 |

Allspice is the dried berry of the Pimenta dioica tree. Its aroma suggests black pepper, clove, cinnamon, and nutmeg at the same time, which is why the English name is so literal. In everyday cooking it is often used as whole berries in broths, marinades, braises, aspic-style dishes, and pickles, while the ground spice goes into sauces, minced meat, pâtés, spice rubs, and low-carb baking.

It should not be confused with black pepper, cubeb pepper, or a ready-made blend of several spices. Allspice is a separate spice with mild warmth and a rounded, slightly sweet fragrance. In a dish it is rarely the main sharp note; it works more as a background layer that makes meat, fish, poultry, mushrooms, and vegetable sides taste fuller.

## Nutritional value

Per 100 g, dried allspice may contain about 250 kcal, around 6 g of protein, 5 g of fat, and up to 50 g of carbohydrates. Those numbers look large only because 100 g is not a normal serving. A realistic amount is

usually 1-2 g, often less. At that dose, the contribution to carbohydrates and calories is very small, while the aroma is noticeable even after long simmering.

Allspice contains aromatic oils, tannins, and mineral elements. It is not practical to treat it as a meaningful vitamin source, because the portion used in cooking is too small. Its real value is culinary: it helps make simple foods more expressive without sugar, sweet sauces, or starchy thickeners.

## Place in keto and LCHF

Allspice usually fits keto and LCHF because it is used in tiny amounts. It does not turn a meat broth, stew, or marinade into a high-carb food by itself. The issue is usually what it is mixed with: commercial marinades, barbecue sauces, ketchup-style sauces, and spice blends may contain sugar, syrup, flour, or starch.

If you count carbohydrates strictly, it is easier to weigh the whole dry spice blend used in a recipe rather than each berry separately. For homemade broth, pâté, or braised meat, a few berries per pot are often enough. Ground allspice needs a lighter hand because it opens quickly and can dominate delicate ingredients.

## How to use

Whole berries are best for dishes that cook for a long time in liquid. Add them near the beginning, then remove them before serving so nobody bites into a hard spice berry. In broths, allspice pairs well with bay leaf, onion, celery, parsley root, thyme, and black pepper.

Ground allspice is better added near the end of cooking or mixed into minced meat, sauces, keto crispbreads, offal pâtés, and spiced nut mixes. In low-carb sweet dishes it can replace part of the cinnamon or nutmeg, but the dose should be modest: a pinch often gives more aroma than expected.

## How to choose

Whole berries are usually the better choice because they keep their aroma longer and are easier to assess. Good allspice smells warm, spicy, and slightly sweet, without dampness, mold, or harsh bitterness. The berries should be dry, fairly even in size, and free of grey coating or foreign particles.

Ground allspice is convenient but fades quickly. If you need powder, buy a small package and check the ingredients list: it should contain only allspice. Blends with salt, sugar, flavor enhancers, or starch are best avoided unless you have a clear reason to use that exact product.

## What it pairs with

Allspice works especially well with beef, lamb, pork, poultry, rich fish, mushrooms, cabbage, tomatoes, eggplant, and sugar-free pickled cucumbers. It belongs in aspic-style dishes, stews, homemade sausages, soups, brines, and cream-based or tomato-based sauces.

In keto cooking, it is useful when repeated protein dishes start to taste flat. A few berries in broth or a small pinch in minced meat can change the character of the meal without adding meaningful carbohydrates. For delicate fish, eggs, and fresh salads, use it sparingly or choose a lighter herb instead.

## Limits and storage

Strong spices may bother people who are sensitive to pungent foods, especially if they tend to feel burning or reflux after heavily seasoned meals. Start with a very small dose if you are unsure, and avoid using allspice in every dish. For children or anyone who needs milder food, keep the seasoning gentle.

Store allspice in a tightly closed jar away from light, steam, and heat from the stove. Whole berries usually keep their aroma much longer than ground powder. If the smell becomes flat, dusty, or stale, replace the spice; old allspice is unlikely to ruin a dish, but it will not add much flavor either.

## Substitutes

There is no exact substitute because allspice has its own profile. For meat dishes, try a little black pepper, clove, and bay leaf. For low-carb spiced desserts, the closest direction is cinnamon, nutmeg, and a tiny pinch of clove. In marinades, black pepper with coriander and bay leaf can help, but the final taste will be different.

## Nutrients, % of the recommended daily intake

### Minerals, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Copper | **200** | **200** | **180** | **409** | **120** | 60 |
| Vitamin K | **113** | **150** | **150** | **245** | **113** | 27 |
| Manganese | **100** | **128** | **115** | **153** | **100** | 46 |
| Iron | **88** | 39 | 26 | **70** | 47 | 14 |
| Calcium | 66 | 66 | 66 | 66 | 66 | 55 |
| Fibers | 57 | **86** | **77** | **86** | | 54 |
| Vitamin C | 44 | 52 | 46 | **157** | 8 | 2 |
| Magnesium | 32 | 42 | 38 | **104** | 23 | 17 |
| Potassium | 31 | 40 | 36 | 45 | 26 | 21 |
| Vitamin E | 27 | 27 | 27 | 57 | 4 | 1 |
| Vitamin B5 | 18 | 18 | 15 | 30 | 9 | 1 |
| Phosphorus | 16 | 16 | 16 | 23 | 11 | 6 |
| Vitamin B6 | 15 | 15 | 11 | 33 | 7 | 1 |
| Vitamin B2 | 15 | 18 | 14 | 33 | 7 | 1 |
| Vitamin B3 | 13 | 14 | 11 | 25 | 10 | 1 |
| Zinc | 10 | 14 | 10 | 22 | 2 | 2 |
| Vitamin B1 | 8 | 9 | 7 | 17 | 5 | 1 |
| Selenium | 6 | 6 | 6 | 12 | 4 | 1 |

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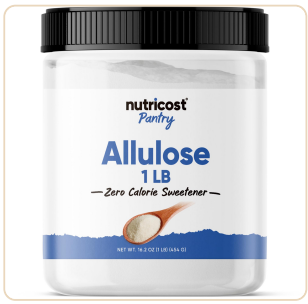
# Allulose

| | 100 g |
|---|---|
| Protein | 0 |
| Fats | 0 |
| Fiber | 0 |
| Net carbs | 0 |
| Calories | 2 kcal |
| **Indexes** | |
| Glycemic index | 1 |
| Glycemic load | 0 |
| Insulin index, II | **2** |
| Inflammatory index, DII | -0.20 |




Allulose, or D-psicose, is a rare monosaccharide with a taste closer to sugar than many intense sweeteners. It occurs naturally in small amounts in figs, raisins, wheat, and some other foods, while food-grade allulose is produced industrially from carbohydrate raw materials.

Its sweetness is usually estimated at about 60-70% of sugar sweetness. It is not an exact one-for-one copy of sucrose, but it has an important culinary advantage: it provides bulk, dissolves well, tolerates heat, and can develop caramel notes. This makes allulose useful not only in drinks, but also in sauces, creams, sugar-free ice cream, and keto desserts.

## Nutrition

Allulose provides less energy than sugar: labels often list about 0.2-0.4 kcal per 1 g, compared with 4 kcal for sucrose. In different countries, it may be shown differently on labels because rules for rare sugars vary. For practical menu planning, the specific label and serving size matter most.

The glycemic index of allulose is close to zero, and its contribution to digestible carbohydrates is usually considered minimal. This is the main difference from honey, syrups, coconut sugar, and fruit concentrates. Still,

a blend “with allulose” is not always pure allulose: it may contain erythritol, stevia, monk fruit, dextrose, maltodextrin, starch, or flavorings.

If the product is pure, dosing is guided by sweetness and tolerance. If it is a blend, the whole label should be read: carbohydrates per serving, sugar-based fillers, sugar replacement ratio, and the recipes suggested by the producer.

## Keto and LCHF use

Pure allulose fits keto and LCHF as a sweetener with very low contribution to sugar load. It is used in coffee, tea, sauces, desserts, ice cream, creams, sugar-free berry preparations, and drinks. It is especially useful where sweetness and bulk are both needed.

For a strict menu, it is important not to treat allulose exactly like regular sugar. Even when the sweetener is low in carbohydrates, a dessert may still contain nut flour, cream, chocolate, berries, and other calorie-dense ingredients. Allulose solves the sugar part, but it does not remove the need for portion control.

## How to use it

In drinks, allulose dissolves easily and gives soft sweetness without a sharp aftertaste. To replace a teaspoon of sugar, a little more allulose is often needed, or it can be combined with stevia or monk fruit. Such a blend gives stronger sweetness while keeping a rounded taste.

In desserts, allulose behaves differently from erythritol: it cools less, dissolves better, and can help create a softer texture. In ice cream and creams this is especially noticeable because graininess and cooling effect interfere less. In dough, allulose can speed browning, so temperature and time may need to be reduced.

For caramel-style sauces, allulose works better than many sweeteners, but it needs attention. It changes color quickly, can move from golden to dark in a short time, and stays very hot for a long time. Moderate heat, a heavy-bottomed pan, and full attention are best.

## How to choose

Pure granulated allulose is convenient for general use. It looks like sugar, measures easily with a spoon, and suits most kitchen tasks. Powder dissolves faster in creams and sugar-free glaze, while syrup is convenient for drinks and sauces, but syrup composition should be checked carefully.

The package should show sweetness ratio, country of production, ingredient list, and a note about possible laxative effect at high intake. If allulose is mixed with other sweeteners, taste and tolerance depend on the whole formula.

## Limits

In some people, large servings of allulose may cause bloating, rumbling, loose stool, or abdominal discomfort. This is usually more about amount than about one small serving. It is more reasonable to start with a teaspoon or a small dessert rather than replace all sugar in a large recipe at once.

Allulose has become a mass-market ingredient relatively recently, so caution is reasonable for children, pregnant or breastfeeding women, and people with sensitive digestion. If glucose is tracked individually, the response is best checked with one’s own serving and a specific brand.

## Storage and substitutes

Allulose should be stored tightly closed in a dry place, away from moisture and strong heat. Powder and granules may clump if touched with a wet spoon. Syrup should be stored after opening according to the producer’s instructions.

Allulose can be replaced with erythritol, stevia, monk fruit, or their blends. For caramel and soft ice cream, allulose is the closest option; for dry dusting, powdered erythritol works; for drinks, stevia or monk fruit drops are convenient. Sugar, honey, and syrups are not low-carbohydrate substitutes: they provide similar sweetness but a different carbohydrate profile.

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# Almond

| | 100 g |
|---|---|
| Protein | 21 |
| Digestible protein | 11.6 |
| Fats | 49 |
| Omega-6 : Omega-3 | **25 : 1** |
| Fiber | 12.4 |
| Net carbs | 9 |
| Calories | 575 kcal |
| **Indexes** | |
| Glycemic index | 15 |
| Glycemic load | 3.3 |
| Insulin index, II | **10** |
| Inflammatory index, DII | -0.20 |
| Antioxidant, ORAC | 4 454 |
| Protein digestibility, PDCAAS | 0.55 |

Almonds are the seeds of the almond tree fruit, not botanical nuts. In cooking they are still usually treated as nuts: eaten whole, added to baking, made into almond flour, paste, flakes, unsweetened milk, and crunchy toppings for salads or desserts.

For low-carb eating, almonds are convenient because they combine fat, some protein, fiber, and a dense texture. But they are a concentrated food: a small bowl easily becomes a large calorie portion, and almond flour in baking is used much faster than whole kernels.

## Nutritional value

In 100 g of almonds there are usually about 575–620 kcal, roughly 20–22 g protein, 49–55 g fat, and 18–22 g carbohydrates, including a notable share of fiber. In a 28 g portion, roughly a small handful, this often gives about 160–175 kcal. Numbers differ between raw, roasted, blanched, and salted almonds.

Almonds contain vitamin E, magnesium, manganese, copper, phosphorus, potassium, and B vitamins. The fat profile consists mainly of monounsaturated fatty acids; polyunsaturated and saturated fats are also present.

Older lipid data usually give roughly 65% monounsaturated fats, about a quarter polyunsaturated fats, and a smaller saturated share.

## Are they suitable for keto?

Almonds usually fit keto and LCHF if the portion is controlled. They are often used instead of wheat flour, breadcrumbs, and sweet nut mixes. It is important to count not only carbohydrates but also quantity: almonds are easy to eat automatically, especially when roasted, salted, or coated with spices.

Almond flour needs separate attention. One keto cake or cookie batch can contain a lot of ground almonds, so the serving of the finished dish matters more than the fact that the flour is “low-carb”. Almond milk fits only when it contains no sugar or starchy thickeners.

## How to use them

Whole almonds can be eaten as a snack, added to salads, chopped into breading, mixed with herbs, cheese, chicken, fish, unsweetened yogurt, or cottage cheese. Almond flakes work well in salads and casseroles: they give crunch without requiring a large portion.

Almond flour suits cakes, muffins, breading, flour-free cheese pancakes, and bases for savory tarts. It does not behave like wheat flour: it has no gluten, browns faster, and often needs egg, psyllium, baking powder, or another binding ingredient. When frying, almond breading can burn, so moderate heat is needed.

If almonds are needed specifically as a snack, it is more convenient to measure the portion in advance instead of eating from a large bag. For a salad or sauce, 10–15 g of chopped kernels is often enough: taste and crunch are already noticeable, while carbohydrates and calories remain easier to track.

## How to choose

Good almonds smell like fresh nuts, without bitterness, dampness, or old oil. Kernels should be dry, whole, and free from mold, spots, and sticky coating. For keto, raw or dry-roasted almonds without sugar, syrups, honey, flour, and sweet glazes are better.

Sweet and bitter almonds are different culinary products. Bitter almonds contain compounds that make them unsuitable as an ordinary snack without special processing. For home cooking and baking, edible sweet almonds are needed.

## What to pair them with

Almonds pair well with cinnamon, vanilla, unsweetened cocoa, lemon zest, coconut, butter, cream cheese, berries, green salads, chicken, fish, and soft cheeses. In savory dishes they can be combined with parsley, basil, garlic, olive oil, and lemon juice.

## Limitations

The main limitations are calorie density, individual reaction, and tree nut allergy. A large portion of almonds can feel heavy, especially when eaten dry. Salted versions easily increase salt intake, while products roasted in oil may have extra fat and a less simple ingredient list.

## How to store them

Because of their high fat content, almonds are best stored tightly closed, in a cool dry place, away from light and strongly aromatic foods. For long storage, the refrigerator or freezer is suitable. Ground almonds and almond flour age faster than whole kernels, so they are better bought in small packages.

Blanched almonds are milder in taste and lighter in dough, while almonds with skin are more aromatic and coarser in texture. For creams and delicate desserts, peeled kernels or fine flour are usually more convenient; for salads and breading, kernels with skin or coarse crumbs work better.

## What can replace them?

For snacking, almonds can be replaced with macadamias, hazelnuts, pecans, walnuts, or pumpkin seeds. In baking, almond flour can sometimes be replaced with hazelnut flour, coconut flour, ground flaxseed, or blends

with psyllium, but proportions need changing: coconut flour absorbs liquid much more strongly, while seeds give a different taste and texture.

## Nutrients, % of the recommended daily intake

### Minerals, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Vitamin E | **171** | **171** | **171** | **366** | 26 | 10 |
| Copper | **111** | **111** | **100** | **226** | 66 | 33 |
| Molybdenum | **104** | **104** | **94** | **214** | | 9 |
| Manganese | **99** | **127** | **114** | **152** | **99** | 46 |
| Boron | **93** | **93** | **93** | **187** | | 28 |
| Vitamin B2 | **88** | **103** | **81** | **190** | 38 | 2 |
| Phosphorus | 69 | 69 | 69 | **97** | 48 | 24 |
| Magnesium | 64 | **84** | **74** | **206** | 45 | 34 |
| Iron | 46 | 21 | 14 | 37 | 25 | 7 |
| Vitamin B15 | 40 | 40 | 20 | **80** | | 2 |
| Fibers | 33 | 50 | 45 | 50 | | 31 |
| Vitamin B8 (Inositol) | 30 | 30 | 30 | 60 | 20 | 8 |
| Zinc | 28 | 39 | 28 | 62 | 6 | 6 |
| Calcium | 27 | 27 | 27 | 27 | 27 | 22 |
| Vitamin B3 | 23 | 26 | 20 | 45 | 18 | 1 |
| Potassium | 21 | 27 | 24 | 31 | 18 | 14 |
| GABA | 18 | 18 | 18 | **90** | 18 | 6 |
| Vitamin B1 | 17 | 19 | 15 | 34 | 10 | 1 |
| Vitamin B9 | 11 | 11 | 7 | 22 | 11 | 4 |
| Vitamin B6 | 11 | 11 | 7 | 23 | 5 | 1 |
| Vitamin B4 (Choline) | 9 | 12 | 12 | 21 | 5 | 3 |
| Vitamin B5 | 9 | 9 | 8 | 16 | 5 | 1 |
| Vitamin K | 6 | 8 | 8 | 13 | 6 | 1 |
| Selenium | 5 | 5 | 4 | 8 | 3 | 1 |

### Lipids, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Linoleic acid (Omega-6) | **71** | **100** | **92** | **171** | | **200** |
| Oleic acid (Omega-9) | 29 | 37 | 34 | 53 | | 41 |

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# Almond flour

| | 100 g |
|---|---|
| Protein | 22 |
| Digestible protein | 12.1 |
| Fats | 55 |
| Fiber | 5 |
| Net carbs | 5 |
| Calories | 640 kcal |
| **Indexes** | |
| Glycemic index | 15 |
| Glycemic load | 0.7 |
| Insulin index, II | **20** |
| Inflammatory index, DII | -0.40 |
| Antioxidant, ORAC | 4 454 |
| Protein digestibility, PDCAAS | 0.55 |

Almond flour is finely ground almonds, most often blanched and peeled. In low-carb cooking it is used instead of part of wheat flour in baked desserts, cake layers, keto bread, breading, sauces, and meat mixtures. It gives a mild nutty flavor, fat, and a moist crumb, but it does not behave like grain flour.

It is important to distinguish almond flour from almond meal. Blanched flour is usually pale, fine, and better for macarons, sponge cakes, muffins, and delicate baking. Flour made with almond skins is darker, more aromatic, and coarser. Almond pulp left after pressing almond oil is drier and may absorb more liquid from dough.

Almond flour contains no gluten, so it does not form an elastic network like wheat flour. Doughs with it are usually held together by eggs, psyllium, cheese, butter, baking powder, or other binders. If wheat flour is simply replaced 1:1, the result may be crumbly, oily, or too moist.

## Nutritional value

In 100 g of almond flour there are usually about 570–620 kcal, 20–25 g of protein, 45–55 g of fat, and roughly 15–22 g of carbohydrates, part of which is fiber. In 28 g, about a quarter cup, there are often 150–170 kcal, 5–7 g of protein, 13–15 g of fat, and 2–4 g of net carbohydrates. Exact values depend on grind and producer.

The flour contains vitamin E, magnesium, manganese, phosphorus, potassium, and plant polyphenols. The more practical point is that it is energy-dense and high in fat. Even with low carbohydrates, almond-flour baking can become very rich, especially when a recipe also contains butter, cheese, cream, or nut butter.

## Is it suitable for keto?

For keto and LCHF, almond flour fits much better than most grain flours. It helps make cake bases, cookies, pancakes, breading, and thickeners without wheat or starch. Still, portion matters: a keto cake made with almond flour is not light only because it contains little sugar.

If the goal is to reduce energy density or make texture drier, part of the almond flour can sometimes be replaced with coconut flour, psyllium, flaxseed meal, or sugar-free protein powder. Replacements should be careful: coconut flour absorbs far more liquid, and psyllium quickly makes dough dense.

## How to use it

For muffins, cake layers, and cookies, almond flour is often combined with eggs, baking powder, butter, cream cheese, erythritol, and vanilla. In savory cooking it works as a fine breading for fish, chicken, cheese, patties, or vegetables. In sauces it is used little by little because too much can create graininess.

When baking, moderate temperature is better: almond flour browns faster because of fat and protein. If the top is already brown while the center is still wet, the pan can be covered with parchment or foil. Finished baked goods often need to cool: hot keto baking feels fragile, but becomes more stable after cooling.

## How to choose

Good almond flour should smell like fresh nuts, without bitterness, mustiness, or stale oil. For delicate baking, choose a fine grind from blanched almonds. For breading, tarts, and rustic cakes, a coarser grind can work. The ingredient list should not include sugar, starch, or flavorings.

If the package is transparent, check for lumps, dark spots, and moisture marks. Some lumps may come from fat, but damp smell or mold is unacceptable. Very cheap flour may sometimes be a mix with coarse nut meal or poorly dried product.

## Limitations

Almond is an allergen, so with nut reactions the product is excluded. A large amount of almond-flour baking may feel heavy because of fat, fiber, and density. If the diet already contains many nuts, pastes, and cheeses, almond flour quickly adds another energy-dense base.

## How to store it

Because of its high fat content, almond flour turns rancid faster than grain flour. After opening, it is better kept in a tightly closed jar in the refrigerator, while extra stock can be frozen. Use a dry spoon. If bitter taste, stale-oil smell, or damp clumps appear, the flour should not be used.

## What can replace it?

For keto baking, the closest replacements are hazelnut flour, walnut flour, seed flour, flaxseed meal, coconut flour, and mixes with psyllium. But a direct 1:1 replacement usually does not exist: each flour absorbs liquid

and holds shape differently. For breading, ground pork rinds, parmesan, sesame, or almond flour mixed with spices can work.

## Nutrients, % of the recommended daily intake

### Minerals, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Vitamin E | **171** | **171** | **171** | **366** | 26 | 10 |
| Copper | **127** | **127** | **114** | **259** | **76** | 38 |
| Manganese | **100** | **128** | **115** | **153** | **100** | 46 |
| Boron | **94** | **94** | **94** | **188** | | 28 |
| Vitamin B2 | **78** | **92** | **72** | **168** | 34 | 2 |
| Phosphorus | 69 | 69 | 69 | **96** | 48 | 24 |
| Magnesium | 64 | **84** | **75** | **208** | 45 | 34 |
| Iron | 51 | 23 | 15 | 41 | 27 | 8 |
| Zinc | 30 | 41 | 30 | 66 | 7 | 7 |
| Calcium | 27 | 27 | 27 | 27 | 27 | 22 |
| Fibers | 27 | 42 | 37 | 42 | | 26 |
| Vitamin B3 | 23 | 26 | 20 | 45 | 18 | 1 |
| Potassium | 22 | 28 | 25 | 32 | 18 | 15 |
| Vitamin B1 | 17 | 19 | 15 | 34 | 10 | 1 |
| Vitamin B9 | 13 | 13 | 8 | 25 | 13 | 5 |
| Vitamin B7 | 13 | 13 | 11 | 33 | 2 | 1 |
| Vitamin B6 | 10 | 10 | 7 | 22 | 4 | 1 |
| Vitamin B4 (Choline) | 9 | 12 | 12 | 21 | 5 | 3 |
| Vitamin B5 | 9 | 9 | 8 | 16 | 5 | 1 |
| Selenium | 5 | 5 | 4 | 8 | 3 | 1 |

### Lipids, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Linoleic acid (Omega-6) | **71** | **100** | **92** | **171** | | **200** |
| Oleic acid (Omega-9) | 61 | **76** | 69 | **109** | | **84** |
| Alpha-linolenic acid (Omega-3) | 13 | 19 | 15 | 23 | 11 | 7 |

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# Almond milk (unsweetened)

| | 100 g |
|---|---|
| Protein | 0.5 |
| Fats | 1.1 |
| Fiber | 0 |
| Net carbs | 0.5 |
| Calories | 13 kcal |
| **Indexes** | |
| Glycemic index | 25 |
| Glycemic load | 1 |
| Insulin index, II | **30** |
| Inflammatory index, DII | -0.30 |

Unsweetened almond milk is a plant drink made from almonds and water. In a homemade version, nuts are soaked, blended with water, and strained; in commercial products, salt, calcium, vitamins, stabilizers, and emulsifiers may be added to that base. The flavor is usually mild, nutty, and much less rich than cream or cow’s milk.

The key feature of the unsweetened version is the absence of sugar and syrups. That is what makes the drink useful for coffee, chia pudding, smoothies without fruit sugar, sauces, and low-carb baking. But products vary a

lot: one carton may be almost water with a light nut note, while another may be a denser drink with more almonds.

## Nutrition

In 100 ml of unsweetened almond milk there are usually 13-30 kcal, about 0.3-1 g of carbohydrates, a little fat, and very little protein. If the drink is fortified, the label may list calcium, vitamin D, vitamin E, or B vitamins. These values depend on the producer and are not always connected to the amount of almonds in the drink.

The fat profile of almonds is mostly unsaturated, including monounsaturated fats and omega-6. But the drink often contains little fat because almonds are diluted with water. Almond milk therefore should not be treated as a full replacement for whole nuts: it provides flavor and a convenient liquid base, but not the same nutrient density.

## Place in keto and LCHF

Unsweetened almond milk fits keto and LCHF well if the ingredient list contains no sugar, rice syrup, agave, dates, maltodextrin, or starchy additives. A 100-200 ml serving usually provides few carbohydrates, so it is convenient for coffee, unsweetened cocoa, a protein shake, or a chia seed dessert.

Mistakes are more common with flavored versions. Vanilla, chocolate, or barista almond milk may be unsweetened, or it may contain sugar and noticeably more carbohydrates. For strict keto, look at the nutrition table per 100 ml and the ingredient list rather than the front label.

## How to use

In coffee, almond milk gives a light nutty background, but it does not always foam well; special barista versions work better for cappuccino if they are sugar-free. In cold drinks it mixes with cocoa, cinnamon, vanilla, ice, and low-carb sweeteners. In chia pudding it creates a soft texture, but for more satiety people often add cream, coconut milk, or nut paste.

In cooking, it is used in sauces, creamy soups, omelets, low-carb dough, and pancakes made with almond or coconut flour. In savory dishes, remember the nutty note: it works with chicken, turkey, cauliflower, mushrooms, curry, garlic, and herbs, but may be distracting where a clean dairy flavor is needed.

## How to choose

The best guide is a short ingredient list: water, almonds, sometimes salt and added micronutrients. Gums, lecithin, and other stabilizers are not always a problem, but for a simple diet, fewer extra ingredients make counting easier. Check the almond percentage: 2%, 5%, 7%, and higher will taste very different.

For keto, carbohydrates per 100 ml matter most. If the label shows 0-1 g, the drink is usually convenient. If it shows 4-8 g, it may be a sweetened version or a blend with rice, oats, or dates. Words like “plant-based,” “natural,” and “lactose-free” do not by themselves mean low-carb.

## Limits

Almond is a tree nut and may trigger allergic reactions. With an almond allergy or sensitivity to nut traces, this drink should be avoided. Tolerance of gums and thickeners also matters: in some people they cause bloating or discomfort.

Unsweetened almond milk is low in protein compared with cow’s milk and does not replace cottage cheese, yogurt, eggs, meat, or fish. If it is used instead of milk in the diet of a child, athlete, or someone with higher protein needs, the protein part of the menu should come from other foods.

## Storage and substitutes

Store unopened cartons according to the producer’s instructions: some are shelf-stable until opened, while others require refrigeration from the start. After opening, keep almond milk refrigerated, close it tightly, and

use it within the period shown on the package, often 3-7 days. Shake before use: sediment and separation are normal for plant drinks.

In keto recipes, almond milk can be replaced with unsweetened coconut drink, diluted cream, water with a little butter, macadamia milk, or an unsweetened soy drink if tolerated. For coffee, cream or a mix of cream and water feels closer to dairy; for desserts, coconut milk often works better.

## Nutrients, % of the recommended daily intake

**Minerals, %**

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Vitamin E | 42 | 42 | 42 | **90** | 6 | 2 |
| Calcium | 18 | 18 | 18 | 18 | 18 | 15 |
| Vitamin B2 | 5 | 6 | 5 | 11 | 2 | 1 |
| Vitamin A | 5 | 6 | 5 | 10 | 3 | 3 |

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# Almond paste

| | 100 g |
|---|---|
| Protein | 21.2 |
| Digestible protein | 11.7 |
| Fats | 54.9 |
| Fiber | 12.2 |
| Net carbs | 7.5 |
| Calories | 597 kcal |
| **Indexes** | |
| Glycemic index | 0 |
| Glycemic load | 0 |
| Insulin index, II | **15** |
| Inflammatory index, DII | -0.40 |
| Antioxidant, ORAC | 4 454 |
| Protein digestibility, PDCAAS | 0.55 |

Almond urbech is a thick paste made from finely ground almonds. Unlike sweet nut spreads, good urbech does not need sugar, syrup or chocolate: the ingredient list may contain only almonds, sometimes with a little salt. Its texture is dense and oily, with a clear nut flavor.

For keto, almond urbech is interesting because it is high in fat, moderate in protein and contains fiber. But it is very calorie-dense, and almond carbohydrates are not zero. It fits best as a measured addition, not as spoonfuls without counting.

## Nutrition

Per 100 g, almond urbech may contain about 580 kcal, around 21 g of protein, 52 g of fat and about 19 g of total carbohydrates, much of which is fiber. Exact values depend on almonds and grinding, so the label of the specific jar matters.

Almonds contain vitamin E, magnesium, calcium, phosphorus, iron and B vitamins in small amounts. This is a nutritious nut product, not a treatment paste. In the diet it is valuable for flavor, fat, fiber and replacing sweet spreads.

## Is Almond Urbech Keto-Friendly?

Yes, if it contains no sugar and the portion is controlled. A typical serving is 10-25 g: enough for flavor while calories and carbohydrates stay understandable. Large servings easily become a hidden source of excess energy.

It is important to distinguish urbech from dessert almond spread. Ready products may contain honey, date syrup, sugar, milk powder, chocolate and vegetable oils. For keto, the composition should be simple and unsweetened.

## How to Use It

Almond urbech pairs well with cream, plain Greek yogurt, cottage cheese, cocoa, chia, a small portion of berries, celery and low-carb baking. The jar often needs stirring before use because oil naturally separates.

Practical options include:

- a teaspoon in plain yogurt or cottage cheese;
- cream with cocoa and a sweetener;
- a sauce for celery or a very small amount of apple;
- an addition to a cream-based keto dessert;
- a spread for low-carb crispbread.

## How to Choose and Store

The best ingredient list is almonds and possibly salt. If there is sugar, syrup, honey, flour or starch, it is a different product. A bitter smell of old oil, rancidity or mold means the paste should not be used.

Store it tightly closed in a cool place or refrigerator if the producer says so. Use a clean dry spoon because water and crumbs speed spoilage. Oil separation on top is normal; stir it back in.

## Limits and Substitutes

Almonds are tree nuts and can cause allergies. In sensitive digestion, a large serving of nut paste may feel heavy. Because it is calorie-dense, weighing the portion is useful, especially for weight loss.

Substitutes include hazelnut, pistachio, sesame, peanut or coconut urbech without sugar, but carbohydrates and tolerance differ. If only fat is needed, butter, mascarpone or coconut cream may be simpler.

## Portion and Pairings

The most practical serving is one teaspoon or a weighed 10-15 g portion. That is enough to add nut flavor and fat without turning a snack into a very dense dessert. In keto desserts, almond urbech works best with a larger base such as yogurt, cottage cheese, chia or cream.

If the paste feels too thick, it can be loosened with warm cream, water, unsweetened coconut milk or melted butter. The flavor spreads more evenly and the portion looks larger. For a savory version, add lemon, salt, garlic and a little water to make a quick nut sauce.

Almond urbech works well with calm flavors but can clash with very sweet profiles and large berry portions. For a dessert feeling, it is better to use cinnamon, vanilla, cocoa or a pinch of salt. The flavor becomes brighter without adding sugar or sharply increasing the serving.

## How Not to Overdo the Portion

Almond urbech is easy to eat straight from the jar, and that is when the portion usually gets out of control. It is more practical to move the needed amount into a small bowl or weigh the spoon before adding it to dessert. If it is used as a sauce, loosen it with liquid rather than simply taking more paste.

For keto, the best combinations are those where urbech gives flavor while another product gives volume: cottage cheese, thick yogurt, chia, celery, cucumber or sugar-free cream. Then the paste stays an accent rather than the hidden calorie base of the whole dish.

# Nutrients, % of the recommended daily intake

### Minerals, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Vitamin E | **171** | **171** | **171** | **366** | 26 | 10 |
| Manganese | **100** | **128** | **115** | **153** | **100** | 46 |
| Boron | **94** | **94** | **94** | **188** | | 28 |
| Vitamin B2 | **78** | **92** | **72** | **168** | 34 | 2 |
| Phosphorus | 69 | 69 | 69 | **96** | 48 | 24 |
| Magnesium | 64 | **84** | **75** | **208** | 45 | 34 |
| Iron | 51 | 23 | 15 | 41 | 27 | 8 |
| Copper | 32 | 32 | 29 | 66 | 19 | 10 |
| Zinc | 30 | 41 | 30 | 66 | 7 | 7 |
| Fibers | 28 | 42 | 38 | 42 | | 27 |
| Calcium | 27 | 27 | 27 | 27 | 27 | 22 |
| Vitamin B3 | 23 | 26 | 20 | 45 | 18 | 1 |
| Potassium | 22 | 28 | 25 | 32 | 18 | 15 |
| Vitamin B1 | 17 | 19 | 15 | 34 | 10 | 1 |
| Vitamin B6 | 10 | 10 | 7 | 22 | 4 | 1 |
| Vitamin B4 (Choline) | 9 | 12 | 12 | 21 | 5 | 3 |
| Vitamin B5 | 9 | 9 | 8 | 16 | 5 | 1 |

### Lipids, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Oleic acid (Omega-9) | **77** | **96** | **87** | **138** | | **107** |
| Alpha-linolenic acid (Omega-3) | 6 | 9 | 7 | 11 | 5 | 3 |

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# Almond pulp

| | 100 g |
|---|---|
| Protein | 21 |
| Digestible protein | 11.6 |
| Fats | 30 |
| Fiber | 7 |
| Net carbs | 8 |
| Calories | 609 kcal |
| **Indexes** | |
| Glycemic index | 0 |
| Glycemic load | 0 |
| Insulin index, II | **20** |
| Inflammatory index, DII | -0.40 |
| Antioxidant, ORAC | 4 454 |
| Protein digestibility, PDCAAS | 0.55 |

Almond pulp is the dense almond mass left after making almond milk or pressing almond oil. It contains less fat than whole almonds, but fiber, part of the protein, minerals, and a mild nutty flavor remain. In home cooking, this pulp often appears after straining almond drink: it does not have to be thrown away if it is fresh and was prepared cleanly.

It is important to distinguish wet pulp from dry almond flour. The wet product spoils quickly, contains a lot of water, and behaves differently in dough. If it is dried and ground, it becomes a lighter almond crumb that can be used in low-carb baking, coating, dessert bases, and sauce thickening.

## Nutrition

Exact values depend on how the pulp was obtained. After almond milk, it retains more moisture and some fat goes into the drink. After oil pressing, there is less fat and the dry mass is more concentrated. In general, this product contains plenty of fiber, fewer carbohydrates than wheat flour, some protein, magnesium, calcium, potassium, phosphorus, and vitamin E.

Calories may vary widely: wet pulp has fewer calories per 100 g because of water, while dried pulp becomes denser. For recipes, it is better to consider the specific product and its condition. If you dry pulp at home, its weight drops noticeably, while nutrient concentration per 100 g rises.

## Place in keto and LCHF

Almond pulp can fit keto and LCHF well if it is made without sugar, honey, syrups, or sweet additions. Its role is closer to almond flour or nut fiber than to regular flour. It is used to add nutty flavor to dough, reduce wheat flour in non-keto recipes, or build a fully low-carb base.

But pulp is not always equal to almond flour one for one. It may contain less fat and more moisture, so dough can turn out drier, looser, or heavier if the product is not dried. For predictable results, recipes should be adjusted: liquid, eggs, psyllium, butter, or cream cheese may need changing.

## How to use

Fresh wet pulp can be added to sugar-free cottage cheese pancakes, baked cottage cheese dishes, keto pancakes, vegetable fritters, meat patties, nut balls, cheesecake bases, or thick smoothies. It pairs well with

eggs, cottage cheese, cream cheese, cocoa, cinnamon, vanilla, coconut flakes, lemon zest, and small portions of berries.

Dried pulp is useful as a coating for chicken, fish, or cheese, an addition to almond and coconut flour, a dessert topping, or a thickener. If the flavor seems too mild, it can be dried lightly at low temperature: the aroma becomes stronger, but it must not burn because nut crumbs darken quickly.

## How to choose or prepare

If buying a ready product, the ingredient list should contain only almonds. Sugar, rice flour, starch, flavorings, and sweet mixes are undesirable. The smell should be clean and nutty, without sourness, dampness, mold, or rancid notes. Wet pulp has a very short life, so it is best used immediately.

Homemade pulp after almond milk should be squeezed well. For storage longer than one day, spread it in a thin layer and dry it in the oven at low temperature or in a dehydrator, then cool and grind. Before packing, it must be completely dry; otherwise clumps and an unpleasant smell appear quickly.

## Limits

Almond is a tree nut and may trigger allergic reactions. With an almond allergy or sensitivity to nut traces, pulp should not be used. Because of the high fiber content, a very generous portion may cause bloating or heaviness, especially if the recipe already contains psyllium, coconut flour, or many seeds.

Another risk is spoilage. Wet pulp should not be kept at room temperature for long. If a sour, musty, or rancid smell appears, discard it. For children’s food and dishes without heat treatment, freshness and clean preparation matter especially.

## Storage and substitutes

Store wet pulp in the refrigerator in a closed container and use it quickly, usually within 1-2 days. For longer storage, dry it or freeze it in small portions. Keep the dry product in an airtight jar in a cool dark place; when in doubt, use the refrigerator or freezer.

Almond pulp can be replaced with almond flour, ground almonds, coconut flour, sesame flour, flax meal, or a mix of nut crumbs and psyllium. The substitution will not be exact: coconut flour absorbs much more liquid, almond flour is fattier, and flax gives a different flavor and denser texture.

# Nutrients, % of the recommended daily intake

**Minerals, %**

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Manganese | **152** | **194** | **175** | **233** | **152** | **70** |
| Copper | **111** | **111** | **100** | **226** | 66 | 33 |
| Phosphorus | **71** | **71** | **71** | **100** | 50 | 25 |
| Magnesium | 65 | **86** | **76** | **212** | 46 | 34 |
| Iron | 47 | 21 | 14 | 37 | 25 | 7 |
| Zinc | 30 | 41 | 30 | 66 | 7 | 7 |
| Fibers | 29 | 44 | 39 | 44 |  | 27 |
| Calcium | 27 | 27 | 27 | 27 | 27 | 22 |
| Potassium | 21 | 27 | 24 | 31 | 18 | 14 |
| Boron | 17 | 17 | 17 | 33 |  | 5 |
| Vitamin B6 | 15 | 15 | 11 | 33 | 7 | 1 |
| Vitamin B2 | 12 | 14 | 11 | 25 | 5 | 1 |
| Vitamin B9 | 11 | 11 | 7 | 22 | 11 | 4 |
| Vitamin B4 (Choline) | 9 | 12 | 12 | 21 | 5 | 3 |
| Vitamin B3 | 8 | 9 | 7 | 15 | 6 | 1 |
| Vitamin B1 | 8 | 9 | 7 | 17 | 5 | 1 |
| Selenium | 5 | 5 | 4 | 8 | 3 | 1 |
| Vitamin B5 | 5 | 5 | 4 | 8 | 2 | 1 |

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# Anchovies

| | 100 g |
|---|---|
| Protein | 29 |
| Digestible protein | 29 |
| Fats | 11 |
| Omega-6 : Omega-3 | **0,5 : 1** |
| Fiber | 0 |
| Net carbs | 0 |
| Calories | 210 kcal |
| **Indexes** | |
| Glycemic index | 0 |
| Glycemic load | 0 |
| Insulin index, II | **30** |
| Inflammatory index, DII | -0.30 |
| Protein digestibility, PDCAAS | 1 |

Anchovies are small oily sea fish with a very intense salty flavor. In cooking, people most often use not fresh fish, but salted or canned fillets in oil, anchovy paste, dried anchovies, and fermented sauces. Because of their strong taste, anchovies often work not as a separate piece of fish, but as an umami seasoning.

European anchovy, Engraulis encrasicolus, and other anchovy species are used in Mediterranean, Spanish, Italian, French, Korean, and Southeast Asian cooking. In ancient Rome, small fish were used to make garum, a salty fermented sauce. Today, fish sauce, anchovy paste, and fillets that melt into hot oil play a similar role.

## Nutritional value

In 100 g of anchovies there may be about 200–220 kcal, roughly 25–30 g of protein, about 10–12 g of fat, and less than 1 g of carbohydrates. The glycemic index is zero because fish contains almost no carbohydrates. Exact values depend on form: fresh fish, salted fillets, canned fish in oil, and paste differ noticeably in salt and fat.

Anchovies contain complete protein, EPA and DHA fatty acids, varying amounts of vitamin D, calcium if the fish is eaten with small bones, iron, selenium, and iodine. Tables sometimes show that a noticeable part of anchovy

fat is monounsaturated and polyunsaturated. In practice, however, portion and salt matter more than percentages.

## Are they suitable for keto?

For keto and LCHF, anchovies fit well: they contain almost no carbohydrates, a lot of protein, and concentrated flavor. A small fillet can replace salt and flavor enhancer in a sauce, salad, omelet, vegetables, or meat dish. This is useful when bright flavor is needed without sugar, flour, or starchy breading.

The main limitation is salt. Salted fillets, paste, and canned products can be very intense, so they are used in small portions. If the product is packed in sunflower or another oil, that oil also affects taste and fat content. With a strict approach, check the ingredient list: fish, salt, oil, sometimes vinegar or spices.

Usually one or two fillets are enough for a sauce or a salad serving. If more is added, the dish easily becomes too salty and too fishy. Anchovy paste is better squeezed out little by little: it spreads faster than a whole fillet and is easier to dose.

In keto salads, anchovies are especially useful where a salty note is needed instead of croutons or sweet dressing. They add flavor to leaves and eggs without adding starch, flour, or extra sugar.

## How to use them

Anchovies can be finely chopped into salad dressing, melted in olive oil with garlic, added to sauce for broccoli, cauliflower, eggs, fish, chicken, beef, or leafy salads. In classic sauces, they give depth even when the finished dish does not taste clearly “fishy”.

Good pairings include lemon, olive oil, garlic, capers, parsley, pepper, parmesan, eggs, tuna, romaine lettuce, avocado, butter, tomatoes in a small portion, and olives. In hot dishes, fillets are better added at the beginning of the sauce so they dissolve; in salads, they are sliced thinly or mashed into the dressing.

## How to choose

Good fillets should smell of sea and salted fish, not rancid oil or metal. A jar should not contain mold, cloudy foam, or a sharp unpleasant odor. Fillets in olive oil are usually softer in taste, salted fillets are denser and drier, and paste is convenient for sauces, but its composition especially needs checking.

Dried anchovies come in different sizes: small ones often go into broths, larger ones into appetizers and fried dishes. If the product is very salty, it can be rinsed or soaked briefly, but part of the flavor will leave with the salt.

## Limitations

Anchovies are unsuitable for fish allergy. Because of salt, portions should be controlled when sodium is limited. For people sensitive to histamine, fermented, dried, and long-stored fish may be harder to tolerate than fresh fish. With gout or strict purine restriction, these products also require caution.

## How to store them

Closed cans are stored according to the instructions. After opening, fillets should remain covered with oil or brine and stay in the refrigerator. Take the needed portion with a clean fork and close the jar quickly. Anchovy paste is also kept in the refrigerator after opening and not left warm.

## What can replace them?

For salty umami, sardines, sprats, sugar-free smoked sprats, fish sauce, sardine paste, capers, olives, sugar-free soy sauce, or aged cheese can work. They do not fully repeat anchovies: anchovies have a special combination of salt, fish, fermented depth, and fat.

## Nutrients, % of the recommended daily intake

### Minerals, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Vitamin B3 | **88** | **100** | **78** | **175** | **70** | 3 |
| Selenium | 66 | 66 | 61 | **122** | 37 | 9 |
| Iron | 41 | 18 | 12 | 33 | 22 | 7 |
| Vitamin B12 | 26 | 26 | 24 | 22 | 21 | 1 |
| Phosphorus | 25 | 25 | 25 | 35 | 17 | 9 |
| Sulfur | 25 | 34 | 34 | 51 | | 7 |
| Copper | 23 | 23 | 21 | 48 | 14 | 7 |
| Vitamin B2 | 20 | 23 | 18 | 43 | 9 | 1 |
| Zinc | 16 | 22 | 16 | 34 | 3 | 3 |
| Calcium | 15 | 15 | 15 | 15 | 15 | 12 |
| Vitamin B5 | 13 | 13 | 11 | 22 | 6 | 1 |
| Potassium | 11 | 15 | 13 | 17 | 10 | 8 |
| Vitamin B6 | 11 | 11 | 8 | 24 | 5 | 1 |
| Magnesium | 10 | 13 | 11 | 32 | 7 | 5 |
| Sodium | 5 | 5 | 5 | 9 | 4 | 2 |
| Vitamin B1 | 5 | 5 | 4 | 9 | 3 | 1 |

### Lipids, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Cholesterol | **1 050** | **1 050** | **1 050** | **4 200** | | **2 100** |
| DHA (Omega-3) | **182** | **182** | **304** | **364** | | 46 |
| Myristic acid (Saturated) | 7 | 8 | 8 | 11 | | 33 |

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# Arugula

| | 100 g |
|---|---|
| Protein | 2.6 |
| Fats | 0.7 |
| Omega-6 : Omega-3 | **0,7 : 1** |
| Fiber | 1.6 |
| Net carbs | 2.1 |
| Calories | 25 kcal |
| **Indexes** | |
| Glycemic index | 10 |
| Glycemic load | 0.2 |
| Insulin index, II | **10** |
| Inflammatory index, DII | **-0.60** |
| Antioxidant, ORAC | 4 300 |

Arugula is a leafy green with a sharp, slightly bitter taste and peppery aroma. It is added to salads, omelets, meat and fish dishes near the end of cooking so the leaves keep their freshness. Compared with neutral salad leaves, arugula is much brighter: even a small handful can change the whole plate.

Arugula contains vitamins A, C and K, folate, calcium and other minerals. Its main practical role in cooking, however, is not to replace vegetables but to add bite, bitterness, freshness and volume with very little carbohydrate load.

## Nutrition

Per 100 g, arugula contains about 25 kcal, 2.5 g of protein, 0.7 g of fat and 3.7 g of carbohydrates, with about 1.6 g coming from fiber. The glycemic index is low, and a usual serving of greens is often much smaller than 100 g. Arugula therefore fits well on a plate with meat, fish, eggs, cheese and a fatty dressing.

Because arugula has a pronounced taste, it does not need to be used in huge amounts. A few handfuls give volume to a salad, while a small portion can work as a spicy green topping for a finished dish.

## Is It Keto-Friendly?

Arugula fits keto and LCHF well. It adds volume, bitterness and freshness with almost no meaningful carbohydrate load, especially when paired with olive oil, avocado, eggs, fish, meat, mozzarella, goat cheese or parmesan.

The keto profile is usually spoiled not by arugula itself but by the dressing: sweet balsamic creams, honey sauces, syrups, croutons and large portions of sweet tomatoes. For a low-carb version, use oil, lemon juice, wine vinegar, sugar-free mustard, pesto or hard cheese.

## How to Use It

Arugula should not be stewed or boiled for long: heat makes it wilt quickly and lose its characteristic flavor. It is better added to a finished omelet, warm salad, plate of cooked fish, steak or chicken. On a hot dish, the leaves soften slightly without turning into a wet mass.

Practical options include:

- salad with avocado, egg and olive oil;
- a handful on top of steak, fish or chicken breast;
- an addition to an omelet after cooking;
- a mix with mozzarella, parmesan or goat cheese;
- a green base for salad with shrimp or salmon;
- a few leaves on flourless keto pizza after baking.

## How to Choose

Fresh arugula should be firm, without slime, dark wet spots or a sharp unpleasant smell. Young leaves are usually milder, while large older leaves can be tougher and more bitter. One spoiled wet spot in the package can quickly damage nearby leaves.

## How to Store It

Arugula is best stored in the refrigerator in a bag or container with a paper towel to absorb excess moisture. If the greens are already wet, dry them gently. Washing ahead of time only works if the leaves are dried well; otherwise they quickly become limp and slimy.

Dressing should be added right before serving, especially if the salad contains salt, cucumbers or tomatoes. Salt draws out moisture, and delicate leaves lose shape quickly.

## What to Pair It With

Arugula balances fatty foods well: steak, duck, salmon, eggs, bacon, avocado, mozzarella, goat cheese and olive oil-based sauces. If the taste seems too sharp, mix it with milder leaves such as romaine, spinach, iceberg or a salad blend.

A classic combination is arugula, olive oil, lemon and hard cheese. For a more filling keto plate, add egg, fish, meat, shrimp, nuts or avocado to this base.

## Substitutes

If similar sharpness is needed, watercress, mustard greens or a little radicchio can work. For a milder taste, use spinach, romaine or a mixed salad, but the dish will be less peppery. For sauces, basil, parsley or spinach often work better than arugula.

## Common Mistakes

The first mistake is cooking arugula for a long time as if it were spinach. It quickly loses shape and becomes rough in flavor. The second mistake is adding a heavy sweet dressing that hides its peppery freshness. The third is storing leaves wet. For a good salad, arugula should be dry, cold and dressed at the last moment.

# Nutrients, % of the recommended daily intake

**Minerals, %**

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Vitamin K | **91** | **121** | **121** | **197** | **91** | 22 |
| Chlorophyll | 37 | 37 | 37 | **110** | | 37 |
| Lutein | 36 | 36 | 36 | 60 | | 9 |
| Vitamin A | 26 | 34 | 31 | 59 | 16 | 16 |
| Vitamin B9 | 24 | 24 | 16 | 49 | 24 | 10 |
| Iron | 18 | 8 | 5 | 15 | 10 | 3 |
| Vitamin C | 17 | 20 | 18 | 60 | 3 | 1 |
| Calcium | 16 | 16 | 16 | 16 | 16 | 13 |
| Manganese | 13 | 17 | 15 | 20 | 13 | 6 |
| Magnesium | 11 | 15 | 13 | 36 | 8 | 6 |
| Potassium | 11 | 14 | 13 | 16 | 9 | 7 |
| Vitamin B5 | 9 | 9 | 7 | 15 | 4 | 1 |
| Phosphorus | 7 | 7 | 7 | 10 | 5 | 3 |
| Vitamin B2 | 7 | 8 | 6 | 14 | 3 | 1 |
| Vitamin B6 | 6 | 6 | 4 | 12 | 2 | 1 |

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# Asparagus

| | 100 g |
|---|---|
| Protein | 2.2 |
| Fats | 0.2 |
| Fiber | 2.1 |
| Net carbs | 1.8 |
| Calories | 20 kcal |
| Indexes | |
| Glycemic index | 15 |
| Glycemic load | 1 |
| Insulin index, II | **10** |
| Inflammatory index, DII | **-0.60** |
| Antioxidant, ORAC | 600 |

Asparagus is a tender green vegetable with a mild grassy flavor and firm, juicy stalks. It is quickly boiled, roasted, sauteed, or grilled to preserve its texture and fresh taste.

This vegetable is valued for its low calorie content, fiber, and micronutrients. Asparagus contains vitamins A, C, E, K, B6, folate, and small amounts of potassium, iron, copper, and calcium.

## Nutrition

A serving of about 134 g usually provides around 27 kcal. Fresh asparagus contains about 4 g of carbohydrates per 100 g, some of which are fiber. It has little protein and fat, so in keto meals it is often paired with butter, eggs, cheese, fish, or meat.

## Is it keto-friendly?

Asparagus fits low-carb eating well: it is low in sugar, has a low glycemic index, and provides a moderate amount of fiber. It adds volume and freshness to a meal without a significant carbohydrate load.

## How to use it

Asparagus is best cooked briefly so the stalks stay slightly firm. The tough lower ends are usually trimmed or snapped off before cooking.

Good keto pairings include:

- butter, olive oil, or hollandaise sauce;
- eggs, salmon, chicken, bacon, or shrimp;
- parmesan, lemon juice, garlic, and fresh herbs.

## How to choose

Fresh asparagus should be firm, with closed tips and no sour smell. Thin stalks cook faster, while thicker stalks are convenient for roasting or grilling.

## How to store it

In the refrigerator, asparagus keeps better if the stalk ends are placed in a little water or wrapped in a damp towel. It should not be stored for long, because flavor and texture decline quickly.

## What to substitute

In dishes with butter, eggs, or fish, asparagus can be replaced with green beans, broccoli, zucchini, or broccolini. The substitute will not fully match the flavor, but it will keep the dish low in carbohydrates.

## Portion and Role in a Dish

Asparagus usually does not provide many calories and does not make a dish filling by itself. Its role is freshness, texture and a clean vegetable flavor. On keto, it works best next to fat and protein: eggs, fish, chicken, bacon, shrimp, butter or hollandaise sauce.

A normal serving of asparagus fits a low-carbohydrate menu well, but sauces and additions still need attention. Sweet glaze, flour in a sauce or breading changes the dish much more than the asparagus itself.

## How Not to Ruin the Texture

The main mistake is cooking asparagus for too long. Then the stalks become soft, fibrous and watery. It is better to blanch briefly, sauté over high heat, roast quickly or grill until the stalk is tender but still holds its shape.

Thicker stalks can be lightly peeled at the bottom, while thin ones usually only need trimming. After cooking, asparagus is best finished with salt, lemon, butter, parmesan or herbs rather than a heavy sweet sauce.

## White and Green Asparagus

Green asparagus has a brighter flavor and is easier to cook quickly. White asparagus is more delicate, but it often needs peeling and slightly more careful preparation. Both can fit keto when served without sweet sauces or starchy thickeners.

Frozen asparagus should not be thawed for a long time on the counter: it loses firmness quickly. It is easier to cook straight in a hot pan or add near the end of a hot dish.

## What to Pair It With

Asparagus works well with foods that have a fuller flavor: poached eggs, omelet, salmon, chicken, bacon, shrimp, cream cheese and parmesan. Lemon or dry vinegar makes the flavor brighter, while butter or hollandaise adds satiety.

If asparagus is served as a side dish, it often lacks protein and fat. For a complete keto plate, pair it with fish, meat, eggs or seafood rather than only another serving of vegetables.

## Common Mistakes

Avoid stalks with open, wet or slimy tips. It is also a mistake to store asparagus in dry warmth: it becomes limp quickly. If the stalks have already lost firmness, the flavor will be weaker even with proper cooking.

## Serving After Cooking

Asparagus cools quickly and loses some firmness when reheated, so it is best cooked close to serving. If prep is needed, the stalks can be briefly blanched, cooled quickly and dried, then warmed in a pan with butter before eating. This keeps the texture cleaner than storing a fully cooked side for a long time.

For cold serving, dry asparagus thoroughly: excess water dilutes the dressing and makes the flavor flat. Oil, lemon, salt, grated cheese and egg work better than sweet sauces.

# Nutrients, % of the recommended daily intake

## Minerals, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Vitamin U | | | | | 10 | 1 |
| Vitamin K | 35 | 46 | 46 | **76** | 35 | 8 |
| Iron | 27 | 12 | 8 | 21 | 14 | 4 |
| Prebiotics | 21 | 21 | 21 | 42 | | 21 |
| Glutathione | 14 | 14 | 28 | 56 | 6 | 3 |
| Vitamin B9 | 13 | 13 | 9 | 26 | 13 | 5 |
| Vitamin B2 | 11 | 13 | 10 | 24 | 5 | 1 |
| Vitamin E | 8 | 8 | 8 | 16 | 1 | 1 |
| Vitamin B1 | 8 | 9 | 7 | 17 | 5 | 1 |
| Manganese | 7 | 9 | 8 | 11 | 7 | 3 |
| Phosphorus | 7 | 7 | 7 | 10 | 5 | 3 |
| Vitamin B6 | 7 | 7 | 5 | 15 | 3 | 1 |
| Potassium | 6 | 8 | 7 | 9 | 5 | 4 |
| Vitamin C | 6 | 7 | 7 | 22 | 1 | 1 |
| Vitamin B3 | 6 | 7 | 5 | 12 | 5 | 1 |
| Vitamin A | 6 | 7 | 6 | 13 | 3 | 3 |
| Fibers | 6 | 8 | 8 | 8 | | 5 |
| Zinc | 5 | 7 | 5 | 11 | 1 | 1 |
| Vitamin B5 | 5 | 5 | 5 | 9 | 3 | 1 |

## Lipids, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Alpha-linolenic acid (Omega-3) | 6 | 8 | 7 | 10 | 5 | 3 |

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# Atlantic salmon

| | 100 g |
|---|---|
| Protein | 20 |
| Digestible protein | 20 |
| Fats | 14 |
| Omega-6 : Omega-3 | **0,3 : 1** |
| Fiber | 0 |
| Net carbs | 0 |
| Calories | 208 kcal |
| **Indexes** | |
| Glycemic index | 0 |
| Glycemic load | 0 |
| Insulin index, II | **25** |
| Inflammatory index, DII | -0.50 |
| Protein digestibility, PDCAAS | 1 |

Atlantic salmon is a fatty fish from the salmon family. It is sold wild or farmed, chilled, frozen, lightly salted, smoked, as fillets, steaks, and trimmings. The flesh is usually pink-orange, tender, and fairly rich in fat.

For keto and LCHF, salmon is convenient: it has no carbohydrates, plenty of complete protein, and enough fat to keep the dish from being dry. At the same time, fish quality, curing method, sauce, and side dish strongly affect the final plate. Salmon with bread, sugar marinade, or sweet sauce is a different option.

## Nutritional value

In 100 g of fresh salmon there are usually about 190–220 kcal, 20–25 g protein, and 7–15 g fat. Fattier belly pieces are higher, while tail pieces are lower. The glycemic index is zero because the fish contains no carbohydrates.

Salmon contains EPA and DHA omega-3, B vitamins, vitamin D, selenium, phosphorus, potassium, and astaxanthin, which is linked to flesh color. Wild and farmed fish can differ in fat content, shade, taste, and price. That does not automatically make one option better for every recipe.

## Is it suitable for keto?

Salmon fits keto well if cooked without flour, sugar, and sweet sauces. It can be baked, pan-seared over moderate heat, steamed, cured, added to salads, omelets, pâtés, and potato-free soups. The fish’s fat helps build a filling dish without grains or bread.

Lightly salted and smoked salmon can also fit keto, but the ingredient list should be read carefully. Marinades sometimes contain sugar, syrup, dextrose, or sweet glaze. Ready fish is often salty too, so the portion and pairing with other salty foods matter.

## How to cook it

Salmon is easy to overcook. For fillets, moderate temperature and short time work best: the fish should flake but remain juicy. Skin can be left on for frying: it protects the lower side and gives crispness. Salting shortly before cooking is more convenient so too much moisture is not pulled out.

Baking works well with lemon, dill, butter, garlic, sugar-free mustard, and herbs. For a pan, oil, salt, and pepper are enough. In soups, salmon is added closer to the end so the pieces do not fall apart and become dry.

## How to choose

Fresh salmon smells of sea and fish, but not ammonia or sour brine. The flesh should be springy, moist, not sticky, and without gray coating. Fillets should not have dried edges or pools of liquid in the package. Frozen fish is better when the ice glaze is thin, without a snowy layer or signs of refreezing.

For lightly salted salmon, check the ingredient list: fish, salt, sometimes spices. The longer the additive list, the more carefully sugar, preservatives, and colorings should be checked. Sliced fish dries at the edges faster, so a whole piece often stores better.

## What to pair it with

For keto, cucumber, avocado, leafy salads, eggs, cream cheese, sour cream, capers, dill, lemon, cauliflower, broccoli, spinach, and zucchini work well. Instead of potatoes or rice, serve green salad, cauliflower puree, or stewed vegetables.

## Limitations

Salmon is unsuitable for people with fish allergy. Raw and lightly salted fish require reliable origin and correct storage. Pregnant people, children, older adults, and people with weakened body defenses are safer choosing well-cooked fish. Smoked versions are better eaten moderately because of salt.

## How to store it

Chilled salmon is best cooked on the day of purchase or the next day if the package is fresh and the refrigerator is cold enough. Opened lightly salted fish is kept covered and eaten quickly. Fillets are better thawed in the refrigerator rather than on the counter; refreezing is undesirable.

## What can replace it?

The closest replacements are trout, chum salmon, sockeye, coho, pink salmon, Arctic char, or mackerel. If a softer and fattier texture is needed, trout or char are better. If a budget option is needed, pink salmon works, but it dries out more easily, so sauce or oil matters more.

## Nutrients, % of the recommended daily intake

### Minerals, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Vitamin B12 | **173** | **173** | **160** | **148** | **138** | 1 |
| Selenium | 66 | 66 | 61 | **122** | 37 | 9 |
| Vitamin B6 | 63 | 63 | 43 | **136** | 27 | 1 |
| Vitamin D | 55 | 55 | 55 | 55 | 9 | 9 |
| Vitamin B3 | 54 | 62 | 48 | **108** | 43 | 2 |
| Phosphorus | 39 | 39 | 39 | 55 | 27 | 14 |
| Vitamin B5 | 39 | 39 | 32 | 65 | 19 | 2 |
| Coenzyme Q10 | 30 | 30 | 30 | **90** | 9 | 2 |
| Iodine | 23 | 23 | 15 | 38 | 17 | 3 |
| Vitamin B1 | 19 | 21 | 16 | 38 | 12 | 1 |
| Vitamin E | 18 | 18 | 18 | 38 | 3 | 1 |
| Vitamin B7 | 17 | 17 | 14 | 42 | 2 | 1 |
| Potassium | 14 | 19 | 17 | 21 | 12 | 10 |
| Vitamin B2 | 14 | 17 | 13 | 31 | 6 | 1 |
| Vitamin B4 (Choline) | 12 | 15 | 14 | 26 | 7 | 3 |
| Zinc | 6 | 8 | 6 | 13 | 1 | 1 |
| Magnesium | 6 | 8 | 8 | 21 | 5 | 3 |
| Vitamin B9 | 6 | 6 | 4 | 13 | 6 | 3 |
| Vitamin A | 6 | 7 | 6 | 13 | 3 | 3 |

### Lipids, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| DHA (Omega-3) | **452** | **452** | **753** | **904** | | **113** |
| EPA (Omega-3) | **200** | **200** | **333** | **500** | | 33 |
| Alpha-linolenic acid (Omega-3) | **144** | **209** | **164** | **256** | **115** | **77** |
| Cholesterol | 30 | 30 | 30 | **120** | | 60 |
| Arachidonic acid (AA, Omega-6) | 10 | 30 | 20 | 60 | | 6 |
| Palmitic acid (Saturated) | 10 | 10 | 10 | 15 | | 20 |
| Oleic acid (Omega-9) | 5 | 6 | 5 | 9 | | 7 |

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# Avocado

| | 100 g |
|---|---|
| Protein | 2 |
| Fats | 14.5 |
| Omega-6 : Omega-3 | **1,5 : 1** |
| Fiber | 6.5 |
| Net carbs | 2 |
| Fructose | 0.1 |
| Calories | 161 kcal |
| **Indexes** | |
| Glycemic index | 15 |
| Glycemic load | 0.3 |
| Insulin index, II | **6** |
| Inflammatory index, DII | **-0.58** |
| Antioxidant, ORAC | 1 933 |

Avocado is an oily fruit with creamy flesh, mild flavor and a very low share of available carbohydrates. In keto and LCHF it is useful as a source of fat, fiber and volume on the plate: it is added to salads, sauces, grain-free

bowls, omelets, fish, meat, egg and seafood dishes. Botanically it is a fruit, but in cooking it usually works as a savory vegetable-like ingredient.

Different varieties behave differently. Hass is usually oilier and denser, while green-skinned varieties can be more watery and milder. For guacamole, creamy flesh is convenient; for salad, the fruit should be ripe but still firm enough to hold cubes.

The main advantage of avocado in a low-carb diet is the combination of soft fat and fiber. It needs no sugar, makes meals more filling and can add body without bread, grains or potatoes. But it is energy-dense, so serving size still matters.

## Nutrition

The older description gave a useful reference: one medium fruit of about 200 g provides roughly 322 kcal, around 29 g of fat and about 17 g of carbohydrates, with around 13 g as fiber. That leaves about 4 g of available carbohydrates per fruit. Exact numbers depend on variety, size and ripeness.

Most of the fat is monounsaturated, including oleic acid. Avocado contains potassium, magnesium, folate, vitamin K, vitamin E, vitamin C and some B vitamins. It contains little omega-3, so it does not replace fatty fish, but it is a good fatty ingredient for cold dishes and sauces.

## Is It Keto-Friendly?

Avocado fits keto well when total energy intake is considered. Half a medium fruit is often enough for a salad, breakfast or side. A whole large fruit can be a normal serving after training or on a very low-carb day, but it is not automatically necessary.

It is best paired with protein: eggs, salmon, tuna, chicken, turkey, beef, shrimp, cottage cheese or cheese. This makes the meal more balanced. If avocado is combined only with oil and nuts, fat may become high while protein stays low.

In keto breakfasts, avocado often replaces the bread part: it is served with eggs, made into filled halves or used as a sauce base. In that format, avoid adding too much oil, mayonnaise and nuts at the same time if the goal is ordinary satiety rather than a very high-energy meal.

## How to Use It

Ripe avocado is easy to mash with salt, lemon or lime. Acid brightens the flavor and slows browning. For salads, cut avocado at the last moment so the pieces do not turn gray or become a cream.

Good uses include:

- sugar-free guacamole with lime, cilantro and chili;
- salad with egg, tuna, chicken or shrimp;
- creamy sauce for fish or meat;
- an addition to omelet, shakshuka or a grain-free bowl;
- mashed avocado with lemon and salt instead of sweet spreads.

## How to Choose

A ripe fruit gives slightly under gentle pressure but does not collapse. Rock-hard avocado still needs ripening, while deep dents often mean dark flesh inside. Hass avocado darkens as it ripens, while green-skinned varieties may change color very little.

If the fruit is needed in a few days, buy it firm and leave it at room temperature. To speed ripening, place it in a paper bag near an apple or banana. For immediate use, choose fruit without wet spots, cracks or a fermented smell.

## Storage

Unripe avocados are kept at room temperature. Ripe ones can be moved to the refrigerator to slow further softening. Cut avocado darkens from air exposure; lemon juice, film pressed directly onto the flesh or storing the half with the pit in a closed container helps.

Avocado can be frozen, but it is better as puree with lemon juice rather than neat slices. After thawing, the texture becomes softer, so it suits sauces, sugar-free smoothies and spreads, not salads with clean cubes.

If avocado needs to travel in a lunch box, pack it with acid and salt in a tight container. A half in the skin is convenient at home, but on the go it darkens and bruises quickly. Thick guacamole or sauce is more practical.

## Limits

Avocado may not suit people with individual allergy, latex-related reactions or poor tolerance of a large fat serving. Some people feel heaviness after a large portion, especially if the meal already contains a lot of oil, nuts or fatty cheese.

For pets, avocado should not be left accessible: pit, skin and flesh may be problematic for different species. In a human diet, the main points are simpler: ripeness, serving size and pairing with enough protein.

# Nutrients, % of the recommended daily intake

### Minerals, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Vitamin U | | | | | 3 | 1 |
| Fructose | | | | | | |
| Prebiotics | **70** | **70** | **70** | **140** | | **70** |
| Boron | 36 | 36 | 36 | **71** | | 11 |
| Vitamin B5 | 28 | 28 | 23 | 46 | 14 | 1 |
| Vitamin B9 | 20 | 20 | 14 | 41 | 20 | 8 |
| Vitamin B6 | 20 | 20 | 14 | 43 | 9 | 1 |
| Vitamin K | 18 | 23 | 23 | 38 | 18 | 4 |
| Fibers | 18 | 27 | 24 | 27 | | 17 |
| Potassium | 14 | 19 | 17 | 21 | 12 | 10 |
| Vitamin E | 14 | 14 | 14 | 30 | 2 | 1 |
| Glutathione | 14 | 14 | 27 | 54 | 5 | 3 |
| Vitamin B7 | 13 | 13 | 11 | 33 | 2 | 1 |
| Vitamin C | 11 | 13 | 12 | 40 | 2 | 1 |
| Vitamin B3 | 11 | 12 | 10 | 22 | 9 | 1 |
| Vitamin B2 | 10 | 12 | 9 | 22 | 4 | 1 |
| Vitamin B8 (Inositol) | 10 | 10 | 10 | 20 | 7 | 3 |
| Vitamin B15 | 10 | 10 | 5 | 20 | | 1 |
| Iron | 7 | 3 | 2 | 6 | 4 | 1 |
| Magnesium | 7 | 9 | 8 | 22 | 5 | 4 |
| Phosphorus | 7 | 7 | 7 | 10 | 5 | 3 |
| Manganese | 6 | 8 | 7 | 9 | 6 | 3 |
| Zinc | 6 | 8 | 6 | 13 | 1 | 1 |
| Vitamin B1 | 6 | 6 | 5 | 11 | 3 | 1 |

### Lipids, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Alpha-linolenic acid (Omega-3) | 7 | 10 | 8 | 12 | 6 | 4 |
| Linoleic acid (Omega-6) | 6 | 8 | 8 | 14 | | 17 |

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# Avocado oil

| | 100 g |
|---|---|
| Protein | 0 |
| Fats | 100 |
| Omega-6 : Omega-3 | **1,5 : 1** |
| Fiber | 0 |
| Net carbs | 0 |
| Calories | 884 kcal |
| **Indexes** | |
| Glycemic index | 0 |
| Glycemic load | 0 |
| Insulin index, II | **0** |
| Inflammatory index, DII | -0.40 |

Avocado oil is made from the flesh of ripe avocados, not from the pit. This makes it different from many seed oils: the flavor is mild and slightly nutty, the color may range from golden to greenish, and most of the fat is monounsaturated. Both refined and unrefined avocado oil are sold, and that difference matters in the kitchen.

Unrefined avocado oil keeps a more noticeable aroma and works well in cold dishes, sauces, and finishing. Refined oil is usually more neutral and handles heat better. In keto and LCHF cooking, it is a convenient fat

source without sugar or starch, but it should be used as part of a meal, not treated as something that makes the whole diet balanced by itself.

## Nutrition

In 100 g of avocado oil there are about 884 kcal and almost 100 g of fat. It contains practically no protein or carbohydrate, so its glycemic index is zero. A normal serving in a salad or sauce is much smaller: one tablespoon gives about 120 kcal and 13-14 g of fat.

The main fatty acid in avocado oil is oleic acid. Monounsaturated fats often make up about 70% of the fatty acid profile, saturated fats about 10-15%, and polyunsaturated fats about 10-15%. Exact figures depend on the avocado variety, region, ripeness, and pressing method.

Unrefined oil may retain vitamin E, phytosterols, carotenoids, and lutein. That is not a reason to drink it by the spoonful: these micronutrients come with high energy density, so portion size and the rest of the meal matter more.

## Is It Suitable For Keto

Avocado oil fits keto macros: it adds no meaningful carbohydrates and can make a dish more satiating. It is useful when you do not want the flavor of butter, coconut, or olives. It works in salads, sugar-free mayonnaise, sauces for fish, eggs, poultry, vegetables, and leafy greens.

The main mistake is treating any plant oil as automatically unlimited just because it is low in carbs. Fat is easy to overuse, especially if oil goes into the marinade, the pan, and the final sauce. It is more practical to measure it with a spoon instead of pouring straight from the bottle.

## How To Use

Unrefined avocado oil is best in cold cooking: a dressing with lemon juice, apple cider vinegar, sugar-free mustard, garlic, herbs, pepper, and salt. It pairs with cucumbers, avocado, salad leaves, eggs, shrimp, tuna, salmon, chicken, and roasted low-carb vegetables.

Refined avocado oil can be used for frying, roasting, and grilling. Its smoke point is often described as high, sometimes around 250-270 °C, but the specific bottle and the oil’s behavior in the pan are more important. Smoke, a harsh smell, and darkening mean the heat is too strong.

For homemade mayonnaise, avocado oil blends well with egg, mustard, lemon juice, and salt. If the flavor feels too heavy, it can be mixed with a mild olive oil or with a neutral oil whose fat profile suits your cooking.

## How To Choose

Look for the production method, refinement level, country of origin, expiry date, and packaging type. Cold pressing matters for flavor and aroma, but it is not always needed for frying. For heat, refined oil is usually easier; for salads, unrefined oil is more expressive.

Good oil should not smell rancid, solvent-like, or like stale nuts. Cloudiness is not always a defect, especially in unrefined oil, but sediment, a sticky cap, and an unpleasant smell are reasons to choose another bottle. Dark glass protects the oil better from light.

## How To Store

Keep avocado oil tightly closed, away from the stove, window, and damp areas. Light, heat, and air speed up oxidation. After opening, use the bottle without long pauses; if the label recommends refrigeration, follow that instruction. A small bottle is often more practical than a large one, especially if the oil is used mostly for salads.

## What To Use Instead

In salads, avocado oil can be replaced with extra virgin olive oil, macadamia oil, walnut oil, or a mix of olive oil with a little lemon juice. For frying, closer options are refined olive oil, ghee, beef fat, or another heat-stable fat. The replacement changes the flavor: avocado oil is mild, so stronger nut oils should be used carefully.

# Nutrients, % of the recommended daily intake

**Minerals, %**

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Vitamin E | 30 | 30 | 30 | 64 | 5 | 2 |

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# Bacon

| | 100 g |
|---|---|
| Protein | 37 |
| Digestible protein | 37 |
| Fats | 42 |
| Omega-6 : Omega-3 | **10 : 1** |
| Fiber | 0 |
| Net carbs | 1 |
| Calories | 541 kcal |
| **Indexes** | |
| Glycemic index | 0 |
| Glycemic load | 0.4 |
| Insulin index, II | **10** |
| Inflammatory index, DII | **0.30** |
| Antioxidant, ORAC | 100 |
| Protein digestibility, PDCAAS | 1 |

Bacon is salted or smoked pork belly cut into thin slices. In keto cooking it is popular for fat, salty flavor and crunch, but it should not carry the whole diet by itself. It is processed meat and is better used as a strong ingredient rather than the base of every meal.

Bacon can be part of a low-carb diet because it usually contains almost no carbohydrates. But ingredients, salt, smoking method, sugar in curing and amount all matter. A good keto approach is to choose a simple product and keep the portion reasonable.

## Nutrition

One slice of bacon often provides about 40-45 kcal, around 3 g of protein and 3 g of fat. Per 100 g, it may contain about 500-550 kcal, 35-40 g of fat, 30-40 g of protein and less than 1 g of carbohydrates if no sugar is added. Plain bacon has a glycemic index close to zero.

Bacon contains protein, fat, sodium, vitamin B12, selenium, zinc and other meat nutrients in varying amounts. But because of salt and processing, it should not be presented as a food for unlimited daily use. In a dish, its value is flavor, fat and texture.

## Is Bacon Keto-Friendly?

Yes, bacon can fit keto if it contains no sugar, syrups, starch or sweet glaze. It pairs well with eggs, salads, avocado, mushrooms, cauliflower, chicken and bunless burgers.

But “the fattier, the better” is too simplistic. The whole diet, salt, calories and product quality matter. Sometimes two slices as a flavor accent are better than building the whole plate around bacon.

## How to Use It

Bacon can be fried until crisp, baked on a rack or added in small pieces to dishes. If a lot of fat renders out, it can be used for eggs or vegetables, but it is already salty and aromatic, so added salt should be reduced.

Practical options include:

- eggs with bacon and green salad;
- bacon crumble on cauliflower or broccoli;
- a wrap for chicken or asparagus;
- an addition to salad with avocado and egg;
- a bunless keto burger with a small amount of bacon.

## How to Choose

Choose bacon with a short ingredient list: pork, salt, spices and sometimes curing salt in permitted amounts. Sugar, maple syrup, honey, dextrose, starch and sweet glazes are undesirable for strict keto. “Organic” does not always mean low-carb, so the label still matters.

Raw smoked, cooked smoked and raw bacon need different handling. Raw bacon must be cooked through. Ready bacon only needs heating, but it may still contain sugar and a lot of salt.

## Limits and Mistakes

Bacon is very salty and calorie-dense. With hypertension, kidney-related medical restrictions, edema or medical salt restriction, portion size should be controlled. Processed meat should not be the only protein source in the diet.

Common mistakes are frying bacon until the edges are burnt, eating it with bread or sweet sauce and ignoring the fat rendered into the pan. Substitutes include sugar-free pork belly, pancetta, roasted pork, fatty beef, turkey bacon with a clean ingredient list or simply butter and spices when the goal is fatty flavor without processed meat.

## Portion and Plate Balance

On keto, bacon works best as an accent that adds salty flavor and crunch. Two or three thin strips can make eggs, salad or vegetables much more expressive. But when the bacon portion is large, the plate often lacks freshness, fiber and volume.

A good bacon plate usually includes something neutral and juicy: green salad, cucumber, avocado, cauliflower, broccoli, mushrooms or eggs. Then the saltiness does not dominate, and the fat spreads through the dish. If the bacon is very salty, avoid salting the other ingredients in advance.

When cooking, it is convenient to render bacon over moderate heat, move the strips to a paper towel and then use part of the fat for vegetables or eggs. This makes both crispness and fat amount easier to control. Very burnt pieces are not worth keeping for flavor.

## Storage and Reheating

After opening, bacon should be wrapped tightly and kept in the refrigerator away from foods that absorb smell easily. If the package is large, part of it can be frozen in portions with parchment between slices, so the whole amount does not need to be thawed at once. After thawing, cook it without freezing it again.

Cooked bacon quickly loses crunch when it sits in a closed container with steam. For serving again, it is better warmed in a dry pan or oven rather than in a microwave, where slices often soften. If bacon goes into a salad, add it at the end: the crunch lasts longer and the saltiness spreads more evenly.

# Nutrients, % of the recommended daily intake

### Minerals, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Chlorine | **88** | **88** | **88** | **106** | **88** | 22 |
| Selenium | 37 | 37 | 34 | 67 | 20 | 5 |
| Sodium | 33 | 33 | 33 | 63 | 30 | 15 |
| Phosphorus | 24 | 24 | 24 | 33 | 17 | 8 |
| Vitamin B12 | 21 | 21 | 19 | 18 | 17 | 1 |
| Zinc | 10 | 14 | 10 | 22 | 2 | 2 |
| Vitamin B3 | 7 | 8 | 6 | 14 | 6 | 1 |
| Vitamin B1 | 7 | 7 | 6 | 13 | 4 | 1 |
| Acetylcholine | 6 | 8 | 7 | 13 | 3 | 2 |
| Potassium | 6 | 8 | 7 | 9 | 5 | 4 |
| Iron | 5 | 2 | 1 | 4 | 3 | 1 |
| Vitamin B6 | 5 | 5 | 4 | 12 | 2 | 1 |

### Lipids, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Linoleic acid (Omega-6) | **229** | **325** | **300** | **557** | | **650** |
| Cholesterol | **210** | **210** | **210** | **840** | | **420** |
| Palmitic acid (Saturated) | **195** | **195** | **195** | **300** | | **390** |
| Arachidonic acid (AA, Omega-6) | 67 | **200** | **133** | **400** | | 40 |
| Stearic acid (Saturated) | 36 | 45 | 45 | 60 | | **90** |
| Oleic acid (Omega-9) | 10 | 12 | 11 | 17 | | 14 |
| Alpha-linolenic acid (Omega-3) | 5 | 7 | 6 | 9 | 4 | 3 |

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# Basil

| | 100 g |
|---|---|
| Protein | 3.2 |
| Fats | 0.6 |
| Omega-6 : Omega-3 | **1 : 1** |
| Fiber | 0.6 |
| Net carbs | 2.1 |
| Calories | 22 kcal |
| **Indexes** | |
| Glycemic index | 1 |
| Glycemic load | 1 |
| Insulin index, II | **5** |
| Inflammatory index, DII | -0.40 |
| Antioxidant, ORAC | 4 805 |

Basil is an aromatic culinary herb with a bright spicy scent and a soft peppery note. It is used fresh, dried, frozen, in sauces, salads, marinades, soups, and dishes with meat, fish, eggs, and cheese. In Mediterranean cooking, it is closely associated with tomatoes, mozzarella, olive oil, and pesto, while Asian dishes often use spicier or more citrus-like varieties.

For keto and LCHF, basil is convenient because it adds a lot of aroma with almost no carbohydrate load in a normal serving. It is not a source of fat or protein; it is a way to make a simple dish more expressive without sugar, breading, or sweet sauces. The main point is the form: fresh leaves, dried herb, and ready-made pesto behave differently.

## Types and flavor

The word basil can refer to different plants and varieties. The most familiar sweet basil, Ocimum basilicum, is most often used in Italian dishes. It has a soft spicy aroma that works well with tomatoes, cream cheese, poultry, and fish. Lemon basil brings a citrus note, while Thai basil often smells of anise and holds up better to heat.

Holy basil, or tulsi, is more often associated with Indian cooking and drinks. Its flavor differs from ordinary sweet basil, so replacing one type with another should be done carefully. If a recipe is built around classic pesto, green sweet basil is the better choice. For stir-fries, curries, and spicy soups, Thai varieties are usually more appropriate.

## Nutritional value

Fresh basil is low in calories, contains a little protein, and has almost no fat. Carbohydrates are also low in a usual culinary serving: a few leaves or a handful of herbs rarely changes the calculation of a dish. The leaves

contain vitamin K, carotenoids, vitamin C, potassium, magnesium, calcium, and iron, but because portions are small, basil should not be treated as a main source of these nutrients.

Dried basil is more concentrated in aroma and in nutrients per 100 g, but it is used by the teaspoon. For that reason, comparing dried herb and fresh leaves by a 100 g table is not very practical. In real cooking, the dose, freshness of aroma, and ingredients around the basil matter more.

## Is it suitable for keto?

Fresh and dried basil usually fit well into a keto diet. It adds flavor to meat, fish, eggs, cheeses, avocado, low-carb vegetables, and oils without making the dish carbohydrate-heavy. Basil is especially useful where a sweet sauce or bottled dressing can be replaced by a cleaner combination of herbs, oil, acid, and salt.

Ready-made pesto and basil sauces need more attention. Classic pesto is made from basil, olive oil, cheese, nuts or seeds, garlic, and salt, and that composition usually works for a low-carb menu. Store-bought versions, however, may contain sugar, starch, cheap oils, potato flakes, or other fillers. The label is worth checking.

## How to use it

Fresh leaves are best added at the end of cooking or directly to the finished dish. Long heating quickly dulls the aroma, especially with sweet basil. The leaves can be torn by hand, cut with a sharp knife, mixed with oil, added to salad, omelet, sauce, cream cheese, minced meat, or marinade.

Dried basil opens more slowly, so it is useful in stews, soups, tomato sauces, casseroles, and marinades. Usually 1 teaspoon of dried herb can replace a small handful of fresh leaves, but the exact ratio depends on quality. If the herb smells dusty rather than like basil, it is better to use less or switch to fresh herbs.

## Pairings

Classic pairings include tomatoes, mozzarella, parmesan, olive oil, garlic, lemon juice, pine nuts, chicken, turkey, white fish, shrimp, eggs, zucchini, eggplant, and mushrooms. In keto dishes, basil works especially well with fatty components: oil carries the herb’s aroma and makes the sauce fuller.

For salads, it can be combined with cucumber, avocado, feta, olives, and leafy greens. For hot dishes, use it with chicken in cream sauce, fish with lemon, eggs, grilled vegetables, and meatballs made without breadcrumbs. Thai basil fits better with coconut milk, chili, lime, and fish sauce.

## How to choose

Fresh basil should be springy and fragrant, without black wet spots, slime, or heavy wilting. The leaves may be green or purple depending on the variety, but the smell should be clean and spicy. Stems should not look rotten, and the package should not be wet inside.

Dried basil is best bought in small packages. A good herb keeps a greenish color and recognizable aroma. Basil that is very dark, gray, or almost odorless will add little flavor. Seasoning blends with basil should be checked by composition: they may contain a lot of salt, sugar, or starchy additives.

## Storage

Fresh basil does not handle cold and moisture well. A small bunch can be placed in a glass of water at room temperature like cut herbs and loosely covered with a bag. In the refrigerator, leaves often darken, especially if they get wet. For longer storage, basil can be chopped with olive oil and frozen in portions.

Dried basil should be kept in a closed jar away from the stove, light, and steam. It is better not to shake it directly over a boiling pot: steam enters the jar, and the herb clumps and loses aroma faster. Ready-made pesto should be refrigerated; the surface can be covered with a thin layer of oil so the sauce darkens less.

## What to use instead

For Italian dishes, parsley with a little oregano, a small amount of fresh mint, or arugula can be used if a green peppery note is needed. For pesto, arugula, parsley, cilantro, or a mix of herbs with nuts and cheese can work. The flavor will be different, but the role of a green aromatic sauce remains.

For Asian dishes, ordinary sweet basil does not always replace Thai basil. If Thai basil is unavailable, a small mix of mint, cilantro, and regular basil can help. If only fresh herbs are needed in a salad, basil can be replaced with parsley, cilantro, dill, or green onion, but the aroma of the dish will noticeably change.

## Nutrients, % of the recommended daily intake

### Minerals, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Vitamin K | **345** | **460** | **460** | **753** | **345** | **83** |
| Chlorophyll | 58 | 58 | 58 | **175** | | 58 |
| Lutein | 56 | 56 | 56 | **93** | | 14 |
| Manganese | 50 | 64 | 58 | **77** | 50 | 23 |
| Iron | 40 | 18 | 12 | 32 | 21 | 6 |
| Vitamin A | 29 | 38 | 34 | 66 | 18 | 18 |
| Vitamin C | 20 | 24 | 21 | **72** | 4 | 1 |
| Calcium | 18 | 18 | 18 | 18 | 18 | 15 |
| Vitamin B9 | 17 | 17 | 11 | 34 | 17 | 7 |
| Magnesium | 15 | 20 | 18 | 49 | 11 | 8 |
| Vitamin B6 | 12 | 12 | 8 | 26 | 5 | 1 |
| Potassium | 9 | 11 | 10 | 13 | 7 | 6 |
| Phosphorus | 8 | 8 | 8 | 11 | 6 | 3 |
| Zinc | 7 | 10 | 7 | 16 | 2 | 2 |
| Vitamin B3 | 6 | 6 | 5 | 11 | 5 | 1 |
| Vitamin B2 | 6 | 7 | 5 | 13 | 3 | 1 |
| Vitamin E | 5 | 5 | 5 | 11 | 1 | 1 |
| Zeaxanthin | 5 | 5 | 5 | 20 | 5 | 1 |

### Lipids, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Alpha-linolenic acid (Omega-3) | 19 | 27 | 21 | 33 | 15 | 10 |

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# Bay leaf

| | 100 g |
|---|---|
| Protein | 7.6 |
| Fats | 7.6 |
| Omega-6 : Omega-3 | **5 : 1** |
| Fiber | 48.5 |
| Net carbs | 26.5 |
| Calories | 313 kcal |
| **Indexes** | |
| Glycemic index | 0 |
| Glycemic load | 0 |
| Insulin index, II | **0** |
| Inflammatory index, DII | -0.20 |
| Antioxidant, ORAC | 50 000 |

Bay leaf is the dried leaf of bay laurel, Laurus nobilis. It comes from an evergreen tree or shrub in the laurel family, common in the Mediterranean and other regions with a mild climate. The leaf is dense and leathery, with a glossy surface, wavy edge, and visible central vein. Fresh leaves smell sharper and greener; after drying, the aroma becomes deeper, resinous, and spicy.

In cooking, bay leaf is used not as an edible green but as an aromatic spice. It is added during cooking and usually removed before serving because the leaf stays tough and can feel unpleasant in the mouth. A small amount gives a dish warm bitterness, a woody note, and a light camphor-like edge, while too much quickly makes the flavor heavy.

## Nutrition

Nutrition tables may list vitamins, minerals, fiber, and phytonutrients for bay leaf, but in real cooking it is used in tiny amounts. One or two leaves flavor a whole pot; they do not become a meaningful food portion. For that reason, calories, protein, fat, carbohydrates, and glycemic index from bay leaf have almost no effect on the diet.

This ingredient is better judged by aroma, freshness, and dosage than by macros. A good leaf can make broth, stewed meat, fish, marinades, or vegetable preserves taste more complex without sugar, flour, starch, or

ready-made sauces. For low-carb menus it is a convenient spice: the flavor is noticeable, while the carbohydrate load is practically zero.

## Fit for keto and LCHF

Bay leaf fits keto and LCHF well because it is used by the leaf and adds no meaningful amount of carbohydrates. It can be used in meat broths, aspic without sweet additions, stewed beef, lamb, chicken, fish, mushrooms, cabbage, zucchini, tomato sauces without sugar, and vegetable marinades.

The main point in keto cooking is not the bay leaf itself but what surrounds it. If the spice goes into a marinade with sugar, a sauce thickened with flour, or a dish with grains, the final carbohydrate count comes from those ingredients. In plain broth, braising liquid, or an unsweetened brine, bay leaf remains a nearly carb-free aromatic addition.

## How to use it

For a pot of soup, broth, or stew, 1-2 medium leaves are usually enough. A rich meat stew can take 2-3, but bay should not become the main flavor. Add the leaf at the beginning or middle of cooking so its aromatic oils can move into the liquid and fat. In quick sauces, add it for 5-10 minutes and then remove it.

Bay leaf works best in dishes with moisture and time: broths, slow-cooked meat, stews, marinades, brines, fish soups, braised cabbage, and mushrooms in cream sauce. In dry frying it opens poorly and may taste harshly bitter. Ground bay is harder to control because it can overpower the dish and cannot be removed later.

## Good pairings

Classic pairings include black peppercorns, allspice, garlic, onion, thyme, rosemary, parsley, celery, and a very small amount of clove. For fish, bay leaf is often paired with lemon, pepper, and dill; for meat, with garlic, onion, and thyme; for marinades, with pepper, salt, and an acidic base without sugar.

If the dish is delicate, such as a cream sauce or chicken broth, it is better to use one small leaf and remove it earlier. In stronger dishes with beef, lamb, mushrooms, or cabbage, bay can stay longer. The older and drier the leaf, the weaker the aroma, although dusty bitterness may appear, so storage time matters.

## How to choose

Good dried bay leaves are whole, olive-green or greenish-brown, without mold, damp spots, or too many crumbs. Leaves that are gray, brittle, and dusty have usually lost most of their aroma. The smell should be spicy, resinous, and recognizable, without dampness or stale cupboard notes. Whole leaves are better than ground bay because they are easier to dose and remove from the dish.

## Storage

Bay leaf quickly loses aroma when exposed to light, moisture, and air. Store it in a tightly closed jar or zip bag in a dark cabinet, away from the stove and sink. An open pack should not sit for years: the spice may look normal but give almost no aroma. When the leaf has gone flat, people often add more, which increases the risk of rough bitterness.

## Limits and substitutes

Whole bay leaves are not normally eaten because they are tough and can scratch the mouth or throat. Count them before serving, especially when cooking for children or guests. If aromatic spices are not tolerated well, use a smaller piece of leaf or choose milder herbs.

There is no exact substitute for bay, but a similar background note can come from thyme, rosemary, allspice, celery leaves, a little oregano, or a mix of pepper and garlic. For marinades, dill seed may work better; for fish,

thyme and lemon zest; for meat, rosemary and black pepper. The substitute should support the dish rather than compete with it.

## Nutrients, % of the recommended daily intake

### Minerals, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Vitamin K | **1 175** | **1 567** | **1 567** | **2 564** | **1 175** | **282** |
| Vitamin A | **687** | **884** | **803** | **1 546** | **412** | **412** |
| Iron | **538** | **239** | **159** | **430** | **287** | **86** |
| Manganese | **355** | **454** | **408** | **544** | **355** | **163** |
| Vitamin B6 | **134** | **134** | **92** | **290** | 58 | 2 |
| Vitamin B2 | **98** | **116** | **91** | **213** | 43 | 3 |
| Calcium | **83** | **83** | **83** | **83** | **83** | **70** |
| Fibers | 69 | **105** | **94** | **105** |  | 66 |
| Vitamin C | 52 | 62 | 55 | **186** | 9 | 2 |
| Vitamin B9 | 45 | 45 | 30 | **90** | 45 | 18 |
| Zinc | 34 | 46 | 34 | **74** | 7 | 7 |
| Magnesium | 29 | 38 | 33 | **92** | 20 | 15 |
| Potassium | 16 | 20 | 18 | 23 | 13 | 11 |
| Phosphorus | 16 | 16 | 16 | 23 | 11 | 6 |
| Vitamin B5 | 15 | 15 | 13 | 26 | 8 | 1 |
| Vitamin B3 | 13 | 14 | 11 | 25 | 10 | 1 |
| Selenium | 5 | 5 | 5 | 9 | 3 | 1 |

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# Beef

| | 100 g |
|---|---|
| Protein | 25 |
| Digestible protein | 23 |
| Fats | 15 |
| Omega-6 : Omega-3 | **2,3 : 1** |
| Fiber | 0 |
| Net carbs | 0 |
| Calories | 250 kcal |
| **Indexes** | |
| Glycemic index | 0 |
| Glycemic load | 0 |
| Insulin index, II | **30** |
| Inflammatory index, DII | 0.02 |
| Antioxidant, ORAC | 100 |
| Protein digestibility, PDCAAS | 0.92 |

Beef is meat from cattle, with a wide range of fat content, flavor and texture. Tenderloin, ribeye, brisket, shoulder, ground beef, ribs, shank and organ meats are all used in cooking. For keto, what matters is not just “beef,” but the cut and cooking method.

Lean beef provides a lot of protein and little fat; fatty cuts provide more satiety and energy. The same product category can behave differently: ribeye steak, braised brisket and lean ground beef have different profiles, although all contain almost no carbohydrates.

## Nutrition

Beef has a glycemic index of zero because meat contains practically no carbohydrates. Per 100 g of cooked beef, values are often around 250-350 kcal, 25-30 g of protein and 15-20 g of fat, but they depend strongly on fat content and water loss during cooking.

Beef contains heme iron, vitamin B12, zinc, selenium, phosphorus, creatine and other meat nutrients. These matter in the diet, but the text should not promise separate physiological effects. Beef is a dense protein food that needs to fit the overall diet.

## Is Beef Keto-Friendly?

Yes, beef fits keto and LCHF well. In plain form it contains almost no carbohydrates, and fattier cuts help build a filling meal without grains, bread or potatoes. For strict keto, it is often easier to choose cuts that are not extremely lean or to add fat while cooking.

Breading, sweet marinades, sugary barbecue sauce, flour in gravy, potatoes, rice and buns spoil the keto profile. The meat itself remains low-carb, but the whole dish can quickly stop being keto.

## How to Cook It

Tender cuts work for quick frying and grilling, while tougher cuts are better for long braising, slow cooking and broths. Ground beef is useful for bread-free patties, meatballs, casseroles and sugar-free sauces. Choose fat content for the task: very lean mince dries out easily.

Practical options include:

- steak with butter, herbs and salad;
- braised beef with mushrooms and no flour;
- bread-free patties with egg and spices;
- slow-cooked ribs or brisket;
- beef broth with low-carb vegetables.

## How to Choose

The color should look fresh, without gray-green spots or unpleasant smell. Slight darkening in air does not always mean spoilage, but slime, sour smell and sticky surface are bad signs. For steaks, marbling matters; for braising, connective tissue and time matter.

If buying ground beef, know the fat content and ingredients. Ready products may contain breadcrumbs, starch, sugar, soy protein and sauces. For keto, meat or mince without additions is safer, seasoned at home.

## Limits and Portion

Beef is protein-rich, so portion size still matters. In keto, huge portions of lean meat without fat are usually unnecessary: they may be less filling and skew protein too high. A more balanced plate includes meat, fatty sauce or butter and low-carb vegetables.

Substitutes include lamb, pork, poultry, game, fish, eggs or tofu when another protein source is needed. With medical restrictions involving saturated fat, kidneys or iron handling, portion and frequency are better discussed with a clinician.

## Common Mistakes

The first mistake is choosing only lean beef and then being surprised by hunger. In keto, a very lean cut often needs butter, sauce or a fatty side. The second is buying marinated meat without reading the ingredients: sugar, starch and syrups appear more often than expected.

The third mistake is cooking all cuts the same way. Tender steak does not need long braising, while brisket or shank will not become soft after a few minutes in a pan. The right cooking method makes beef taste better without sweet sauces or flour-thickened gravy.

For keto, it is useful to keep several formats available: ground beef for quick meals, a fatty cut for braising, steak for simple serving and bones for broth. This keeps the menu from becoming the same piece of meat every time.

## Storage and Prep

Raw beef is best kept in the coldest part of the refrigerator and cooked soon after purchase. If it needs freezing, portion it first: a large thawed piece is harder to use without storing again. Ground beef is especially time-sensitive because it has more surface contact with air.

Before frying, steak is usually patted dry; otherwise the surface steams instead of browning. For braising, the key points are liquid, time and gentle heat. These simple details often add more flavor than a sweet marinade or a ready sauce.

# Nutrients, % of the recommended daily intake

### Minerals, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Collagen | 60 | 60 | 60 | 60 | 30 | 10 |
| Zinc | 56 | **77** | 56 | **123** | 12 | 12 |
| Iron | 33 | 14 | 10 | 26 | 17 | 5 |
| Vitamin B3 | 31 | 35 | 27 | 61 | 25 | 1 |
| Phosphorus | 29 | 29 | 29 | 41 | 21 | 10 |
| Vitamin B6 | 23 | 23 | 16 | 50 | 10 | 1 |
| Vitamin B4 (Choline) | 16 | 20 | 19 | 34 | 9 | 4 |
| Betaine | 15 | 15 | 15 | 60 | 4 | 1 |
| Vitamin B2 | 14 | 16 | 13 | 30 | 6 | 1 |
| Vitamin B5 | 12 | 12 | 10 | 21 | 6 | 1 |
| L-carnitine | 12 | 24 | 12 | 60 | 6 | 3 |
| Selenium | 10 | 10 | 9 | 19 | 6 | 1 |
| Coenzyme Q10 | 10 | 10 | 10 | 30 | 3 | 1 |
| Potassium | 9 | 12 | 11 | 14 | 8 | 6 |
| Vitamin B12 | 6 | 6 | 5 | 5 | 5 | 1 |
| Vitamin B1 | 6 | 6 | 5 | 12 | 4 | 1 |
| Magnesium | 5 | 7 | 6 | 16 | 4 | 3 |

## Lipids, %

| Nutrient | Men | Women | Pregnant | Children (4-8 years old) | Doctor's advice | Therapeutic dose |
|---|---|---|---|---|---|---|
| Cholesterol | 45 | 45 | 45 | **180** | | **90** |
| Palmitic acid (Saturated) | 40 | 40 | 40 | 62 | | **80** |
| Alpha-linolenic acid (Omega-3) | 13 | 19 | 15 | 23 | 11 | 7 |
| Stearic acid (Saturated) | 12 | 15 | 15 | 20 | | 30 |
| Oleic acid (Omega-9) | 8 | 10 | 9 | 14 | | 11 |
| Arachidonic acid (AA, Omega-6) | 7 | 20 | 13 | 40 | | 4 |

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This free book includes a compact selection of foods. More foods related to this topic are included in the full paid book.

# Conclusion

This free collection is a practical starting point for Therapeutic Ketogenic Diet. Use it to test meals, understand portions and build a small set of recipes that are easy to repeat.

The full paid version contains more recipes and a wider product section. It is useful when the diet becomes a regular part of life and you need more breakfasts, soups, salads, main dishes, snacks and desserts without rebuilding the menu from zero every week.